

Thursday, July 5, 2018

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Runner Chris Parks, 40,
was attacked by the dog
in Tiliwicks Road, Harlow

Runner is wounded in attack by dog

- Alsatian dog snaps at jogger as he waits for traffic to clear on island in Tiliwicks Road
- Bite wound 'as big as an eye' left in arm, then dog owner walks off as ambulance called
- 'Everyone I've spoken to has said what if that was one of your kids or what if it was my child?'

FULL STORY: **Page 4**  ONLINE: For the very latest news and sport for your town visit essexlive.news/harlow**ROBERT HALFON MP
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BRIEFING

in this week's paper...



Family friendly festival returns

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■ Harvey Centre, Harlow (management suite)	■ Guardian, Post Office Walk, Harlow
■ Mulberry Green Estate, Station Road, Old Harlow	■ Haart, 4 West Gate, Harlow
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■ Kings, Unit 4, Church Langley Way, Harlow	■ Reyland Johnson, 1 Acorn Mews, Harlow
■ Kings, 19 East Gate, Harlow	■ Howick & Brooker, 1 High Street, Old Harlow
■ Geoffrey Matthews, 47 High Street, Old Harlow	■ Belvoir, 40 High Street, Old Harlow

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WHAT'S ON NEAR YOU



Six Go Mad will play songs from the 80s up the present day at the Horn at the Half Moon

MAD FOR IT

SIX GO MAD: THE HORN AT THE HALF MOON INN, 31 NORTH STREET, BISHOP'S STORTFORD, CM23 2LD, FRIDAY, JULY 6, 9PM Since their beginnings in early 2016 the six-piece band have rightly grabbed the attention of promoters, event organisers and (most importantly) music lovers throughout South-east England. Playing a thrilling mix of memorable material from the 1980s right up to present day hits, Six Go Mad are guaranteed to entertain. Formed from the foundations of hugely popular covers group Ostinato they are now comprised essentially of past and present members of two well-loved local original bands, Waiting For Katherine and Colvex. With the addition of keyboards and female vocals, Six Go Mad give their musicians a chance to let rip and demonstrate their unparalleled showmanship. Free entry. For more details visit: www.lemonrock.com/sixgomad



Enjoy Music on a Sunday at Audley End this weekend

MUSICAL TREAT

MUSIC ON A SUNDAY - NILS SOLBERG: AUDLEY END ROAD, SAFFRON WALDEN, CB11 4JF, JULY, JULY 8, NOON TO 4PM This weekend, come along for music performed by Nils Solberg. Sit back and enjoy a harmonious afternoon this summer with music from local musicians. Whether you're picnicking with friends, or taking a summertime stroll, relax to summer music in the stunning surroundings of the Audley End gardens. Tickets £18.50 adult, £10.90 child, £47.10 family. For more details visit: www.english-heritage.org.uk/visit/whats-on/audley-end-music-on-a-sunday-08-07-18/

SKA'D FOR LIFE

THE ICONICS: SUN INN, COMMON ROAD, NAZEING, ESSEX EN9 2DE, SATURDAY, JULY 7, 3 TO 4PM The Iconics are a ska/reggae/ 2-tone/mod covers band from north of London. They play festivals, clubs and large

pubs, and although based just north of London, they travel all round the country. Their mix of the early ska and mod tunes from the 60s and 70s like The Who, The Small Faces, The Kinks, Booker T and Dave and Ansell Collins,

coupled with the high-energy 2-tone ska from the early eighties bands like The Specials, Selector and The Beat plus mod revival bands like Paul Weller, Secret Affair, etc. These tunes are certainly going to get everybody up and dancing.



The Iconics will deliver a set of classic ska and mod songs

A BUSY WORLD

WCHS SUMMER CONCERT 2018: SAFFRON HALL, AUDLEY END ROAD, SAFFRON WALDEN, CB11 4UH, THURSDAY, JULY 5, 7PM There are over 400 instrument and singing lessons delivered weekly in the music department at County High and many of the students receiving these join one or more of the ensembles that rehearse regularly. This concert will give a glimpse into this busy world of music making and present a varied programme. Tickets £7. For more details visit: www.saffronhall.com

JOE ON THE GO

JOE MCELDERRY: IN CONCERT: HARLOW PLAYHOUSE, PLAYHOUSE SQUARE, CM20 1LS, SUNDAY, JULY 8, 7.30PM Joe McElerry returns to the stage after a UK tour playing the lead as Joseph in Bill Kenwright's production of Joseph and The Amazing Technicolor Dreamcoat. After releasing his fifth album - Saturday Night at the Movies - with a successful tour last summer and with numerous appearances at The London Palladium, Joe is now embarking on his own concert tour. Tickets £25, for more details visit: www.harlowplayhouse.co.uk

Theatre group members include young people with and without disabilities

Young actors raise the roof with private performance for Countess

By Charlotte Page

charlotte.page@hertsexnews.co.uk

A MEMBER of the royal family visited Harlow Playhouse last week for a private performance by a theatre group.

The Countess of Wessex visited the theatre on Tuesday, June 26, after being invited by the Lord Lieutenant of Essex to a performance of *Trisomy 21* by Razed Roof.

Trisomy 21 is a play introduced by a girl called Hayley – a young woman with Down's syndrome.

In the performance, Hayley looked at the science and history of how people with learning disabilities may have been treated in the past and how schools have since changed.

The show finished with Hayley and her friends enjoying each other's company and feeling included.

Razed Roof is one of Harlow's real success stories and is an inclusive performing arts group based at the Playhouse.

The group is for people both with, and without, learning difficulties and disabilities.

It was awarded the Queen's Award for Voluntary Services last year.

Speaking of the performance,



Razed Roof performed a production called *Trisomy 21*

her Royal Highness said that she thought it was both "heart-warming and incredibly moving".

She added that she loved being on stage with the group as she joined them for two dance routines and took the time to meet with the cast, volunteers, trustees and funders.

Masterplan to put Harlow 'on the map' as a place to live and work with launch of new project

Artistic director of Razed Roof, Annette Lidster, said: "It was a privilege for Razed Roof to be asked to perform for HRH Sophie, The Countess of Wessex GCV, and wonderful that the community were there to support us."

"It was especially great the way that Harlow Council and our partners Harlow Playhouse did everything to make it a perfect day."



The Countess of Wessex with Annette Lidster, Artistic Director of Razed Roof and being introduced to Playhouse Manager, Rory Davies



The Countess of Wessex meeting members of Razed Roof cast, volunteers, trustees and funders



Her Royal Highness said that she thought it was both "heart-warming and incredibly moving".

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Attack victim left shocked as savage creature's owner walks away from scene

Dog bites runner leaving puncture wounds

By Charlotte Page

charlotte.page@hertsessexnews.co.uk

A DAD of three has been left with two deep wounds after being bitten by a dog while out on a morning run in Harlow – yet its owner walked away.

The incident happened on Saturday (June 23) morning when Chris Parks, 40, was out running along Tillwicks Road – heading from Bush Fair in the direction of The Stow.

"On Saturday morning I had gone out for a nice long run – about ten miles," said Mr Parks.

"I was coming from Bush Fair and heading down towards The Stow.

"If you were taking the route I was, I was on the right hand side of the roundabout."

Mr Parks said he was waiting for a gap in the traffic in order to cross the road when he came level with a woman on a middle island who was walking a long-haired Alsatian on a lead.

"There's an island in the middle, you've got traffic going either way, and I'm pretty sure we met on the island in the middle – that's when the dog leapt up and bit me," he said.

"A lot of blood came out my arm."

The dog left a total of four injuries on Mr Parks' right arm including two deep wounds on his forearm.

He said: "I've got two deep puncture wounds and then two more grazed wounds on the back of my arm."

"It's as if you were going to put a drip into your arm, the vein there, just above that one."

"I would describe the shape of the wound as a bit like an eye shape."

"It's probably the size of an eye as well."

Mr Parks said the owner of the Alsatian immediately apologised and offered to take him to hospital after he told her that he was going to call for an ambulance.

Apologetic

"At first she was really apologetic, she was like 'oh my God, I'm really sorry, I'm really sorry,'" Mr Parks continued.

"The first thing I said was I'm ringing the police, then I said I'm ringing an ambulance and then she offered to take me to hospital."

"I was trying to fumble around to get my phone off my arm because it was in my running pouch and as I'm ringing [for an ambulance] that's when she's gone 'oh my God, you're ringing an ambulance.'"

"She said 'you're wasting their time, there's people dying out there' and that's when she walked off."

Mr Parks headed for the Phoenix pub and waited for ambulance staff to arrive.



Chris Parks was bitten by a dog in Harlow
Photos: MARTINE XERRI

lance staff to arrive.

He was treated for minor injuries and taken to hospital for checks, although he did not receive stitches due to bacteria and the potential for infection from a dog bite.

He was advised instead to keep changing the dressing.

The ambulance operator informed the police of the incident and they later called Mr Parks for further information as they launched an investigation.

Mr Parks said he has "never felt pain like it" and has been left unable to pick up and hold his three-year-old son, who currently has chicken pox.

He also said that he has been struggling to pick up a cup of tea due to the pain.

A similar incident happened to his father-in-law a few years ago who was also bitten on the leg by a dog and hopes that something like this doesn't happen again.

He continued: "The dog was on the lead and I think the same with my father-in-law, the dog was on a lead but they're powerful animals and if the owner is not expecting it."

"I've got children myself and everyone we've spoken to has said what if that was one of your kids



or what if it was my child?

"It could be anyone couldn't it? I just don't want this happening again."

"This owner needs to take responsibility and especially with walking off and the dog a little bit as well I suppose."

"I know the dog is acting naturally but still maybe it should be muzzled or something like that."

The traffic island where Chris was bitten and, left, a close up of his wounds



He describes the dog owner as older than 30, around 5ft tall, of a bigger build and having mousey blonde hair.

Reports

A spokesman for Essex Police said: "We were called to reports a man had been bitten by a dog in Tillwicks Road, Harlow, at around 10.25am on Saturday, June 23."

"The man, who is in his 40s, had been walking along the road when what has been described as an Alsatian dog bit him on the arm causing it to bleed."

"If you have any information about the incident please call us on 101 quoting the crime reference number 42/88187/18 or Crimestoppers anonymously on 0800 555 111."

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Two facing manslaughter

TWO men have been charged with manslaughter following a fatal brawl outside a Harlow pub last year.

Anton Collins, 26, of Hookfield, Harlow, and Jack Jordan, 24 of Davenport, Harlow, have been summoned to appear at court following an assault at 10.40pm outside the Poplar Kitten pub on Tawneys Road on August 17, 2017.

Both will face a charge of manslaughter and Collins is also facing a charge of causing actual bodily harm. Andrew Watt, 48, from Harlow, suffered a head injury after a fight broke out and was airlifted to Addenbrooke's Hospital in Cambridge where he died two days later.

Following Mr Watt's death, officers launched a manslaughter investigation.

Mr Watts' wife has previously spoken publicly after the loss of her 'gorgeous' husband.

She said: "Tragically my best friend and gorgeous husband was taken away from me."



Andrew Watt, 48, suffered a head injury

"We had only been married for eight weeks. Our wedding day was the most amazing day of our lives. He was the love of my life. Andy was the most infectious person I have ever known. He was loving, caring, funny, and a fantastic friend, brother, nephew and son. His friends and family are devastated, as am I."

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The Lush Tom Kerridge

Tom is back for a second year at the festival and will be demonstrating at 11am, 1pm and 3pm on Saturday 14th July. He will have book signing sessions after his 11am and 1pm demonstrations.

First Dates Legend Fred Sirieix

Fred will be cooking up some romantic menus with Chris Galvin from the Galvin Green Man at 11am and 1pm on Sunday 15th July. Fred will be signing his book, Secret Service after his 11am demonstration.

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You can get your advance tickets until Thursday 12th July at 5pm from

www.essexfoodfestival.co.uk

or you can buy them on the gate

Resident calls on council to replace barrier destroyed during serious accident

'Fence put up after car crash is dangerous'

By Charlotte Page

charlotte.page@hertsexnews.co.uk

A TEMPORARY plastic fence branded as 'dangerous' has been left in place for more than four months following a crash in Harlow that left a man fighting for his life.

Emergency services were called on Saturday, February 24, to a collision on Cambridge Road, near to the junction of Hart Road, after a car, thought to be a Mini, swerved to avoid a vehicle.

The driver is said to have lost control and collided with street furniture.

Two people were trapped in the vehicle, according to Essex County Fire and Rescue, and one man was taken to hospital in London in a life-threatening condition.

Nearby railings were damaged during the collision and, although a temporary plastic fence was put in place, it is yet to be fixed – sparking concern from one resident.

Fencing

Stuart Crook, 74, who lives in Old Harlow, said: "Because all the railings were taken out, Essex County Council came out and put

this temporary fencing down there and it's been there ever since."

Mr Crook has contacted Essex County Council in the hope of getting the damaged fencing fixed, however he said he was told there are no plans to replace the railings at this stage.

"I spoke to a guy last week there and all he said is that we've got a default number but we've got no plans to replace anything," added Mr Crook.

"It's such an eyesore and I think it's dangerous.

"If any children leant on it they could go straight down the bank,



The temporary plastic fence in place in Cambridge Road, Harlow

especially with the children's holidays coming up.

"It's only held together with these cable ties and I think if children play there, it's right next to the railway – it joins onto the railway bridge."

Roadworks

Mr Crook said that the temporary orange plastic fencing doesn't help the roadworks which are in place in and around the A414 on Edinburgh Way from Cambridge Road to the River Way roundabout.

He added: "You can't miss it.

"It's the bright orange and red plastic that's all the way down there.

"For anybody driving into Old Harlow – it's an eyesore, it really is.

"It doesn't do our area any good to see something like that.

"It's bad enough with all our roadworks we've got here.

"We can't help the roadworks but something like this, I think it can easily be replaced."

Although no date to replace the fencing has been set yet, plans are in place to have it fixed as soon as possible.

A spokeswoman for Essex Highways said: "Following damage caused to the fencing in a collision, Essex Highways is arranging for a supplier company to repair or replace the damaged fence.

"We will also seek to recover the cost of the replacement works from the insurers of the driver who caused the damage.

"Work will be carried out as soon as possible."

A driver arrested on suspicion of causing serious injury by dangerous driving was released under investigation.

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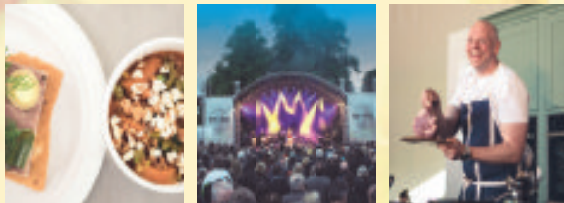


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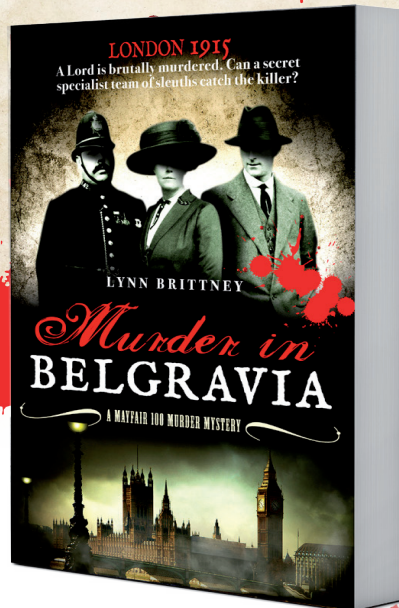
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Water issues at scrapyards blaze



Firefighters at the scrapyards fire in Foster Street

FOUR fire engines were called to a scrapyards which had caught fire and continued burning due to low water supplies.

Firefighters started battling the blaze in the Foster Street area early evening on Wednesday, June 27, with clouds of black smoke spreading over the countryside.

Four fire crews were dispatched, two from Harlow and one each from Old Harlow and Epping, to battle the blaze at around 6.31pm.

When firefighters arrived they were met with a stack of timber, a diesel tank and scrap cars alight, and worked quickly to move gas cylinders away from the blaze.

Despite low water supplies they stopped the fire spreading to other units in the same area.

Crews created a shuttle travelling to the fire hydrant to collect the water to bring it back to the scene.

Hot weather

Station manager Richard Green said at the time: "It's been unfortunate a large fire started in a scrapyards and fire crews have been working really hard in the hot weather and conditions, but we have got the fire surrounded.

"It will be burning for another three to four hours due to poor water supplies and we're struggling but we are dealing with it.

"We're doing the best we can; the crews have done really well at stopping it spreading from other areas and other properties.

"We will carry out an investigation when it is cool enough to walk on.

"We have a water shuttle which is travelling backwards and forwards to fill up and supply the engine."

The Control Room at Essex County Fire and Rescue received dozens of emergency calls reporting the fire as it could be seen from as far as the M11.

An investigation will be carried out to find the cause of the fire.



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Closure forces NHS patients to move to a new surgery

MP criticises shutting Osler House surgery as 'terrible and short-sighted decision'

By Charlotte Page

charlotte.page@hertsessexnews.co.uk

PATIENTS of a Harlow GP surgery have now all been allocated a new practice following its unexpected closure.

Osler House in Potter Street closed its doors on April 30 after The Practice Group – the company that owned it – requested to end its contract.

All patients have since been registered with a new practice, which include surgeries in Bush Fair and Church Langley.

Plans to shut the surgery were branded as "terrible" by the likes of Harlow MP Robert Halfon who said: "I think the closure of Osler House is a terrible and short-sighted decision."

Surgery

"Harlow is a rapidly expanding town and it makes no sense to close a surgery which has been serving the Potter Street community for over 60 years."

Similarly, the decision was met with outrage by patients who felt they were kept in the dark about the plans.

However, despite protesters gathering outside the surgery to demonstrate against plans to close it, all patients were required to register with another practice of their choice by March 29 or be allocated a local surgery.

In response to the public outcry,



a spokeswoman for West Essex CCG reiterated the decision to close the surgery stemmed from the provider of medical services at Osler House serving six months' notice on their contract.

This was due to it not being "financially viable" for them to

continue to run such a "small service".

The CCG took the decision to not seek another provider; instead opting to support patients in registering with another practice nearby. This was also done to ensure there was no delay to the

planned regeneration of the area.

All patients will be asked in one year's time to complete a survey on the satisfaction of their new practice following the closure.

A spokeswoman from the NHS West Essex Clinical Commissioning Group said: "The CCG

Primary Care Team can confirm that all patients are now registered at another practice of their choice or allocated by the CCG to a new surgery.

"This took place before Osler House closed on April 30, 2018.

"All of the receiving practices

have welcomed the new patients onto their lists. The CCG has asked the practices to survey the patients previously registered at Osler House on their satisfaction with their new practice later on in the year once they have had a chance to settle in."

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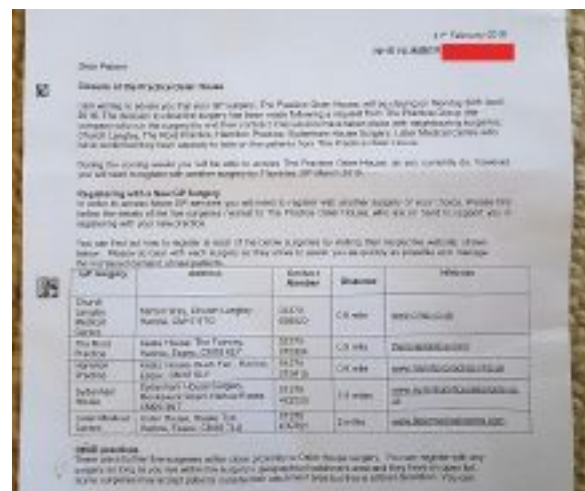
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Residents were up in arms about the closure of Osler House surgery



A letter sent out to patients at the Osler House practice



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Two schoolboys raised the alarm and extinguished fire with water before it spread



Anne Norton is looking to find the young heroes that put out her fire

OAP's appeal to find teens who tackled fence blaze

By Charlotte Page

charlotte.page@hertsexnews.co.uk

A PENSIONER would like to say thank you to the schoolboys who put out a fire in her back garden after her fence caught alight from the reflection of the sun.

Anne Norton, 70, was watching the football at her home in Nicholls Field on the afternoon of Friday, June 22, when two teenagers knocked on her door to alert her to the blaze.

"I was watching the football on Friday and two schoolboys knocked on the door and said, 'do you know your fence is on fire?'" said Mrs Norton.

"They got some water and put it out for me."

Pictures show part of the fence completely destroyed and, although it was badly burnt, the teenagers managed to stop it before it could spread.

Safety checks

Mrs Norton, a widow, called the fire service who arrived at 4.11pm and made sure the fire was completely extinguished and carried out safety checks.

The fence has since been boarded up by Harlow Council and will soon be replaced.

A firefighter who attended the blaze told Mrs Norton that a potential cause of the fire was a piece of coloured glass – possibly from a decorated flowerpot – that had reflected the sun.

Mrs Norton would like to find her young heroes to say thank you, as she fears the fire, near to the cycle track, could have been a lot worse.

"It is all fenced in so if nobody had seen it I would have been in a right mess," added Mrs Norton.

"I am so grateful to those young boys."

The teenagers are believed to be aged around 14 or 15 years old and at the time were wearing their



Fire destroyed one of the fence panels

Photos by: MARTINE XERRI

school uniform.

They are both described as being quite tall – one with dark hair and one with a blonde crew cut.

A spokeswoman from Essex Fire and Rescue said: "Firefighters were called to a fence fire."

"Approximately five metres of

the fence was damaged, but the fire did not spread. The cause of the fire was recorded as undetermined, but possibly caused by the sunlight shining on a glass object."

■ If you know the boys who helped Mrs Norton please email charlotte.page@reachplc.com

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Gang beats man after he saw fight

A MAN sustained injuries to his face and hands after he was followed and assaulted by a number of men who had been involved in a fight outside a pub in Old Harlow.

The incident happened when the victim saw a fight taking place in the street between a group of men outside the Marquis of Granby on Market Street at around 9.45pm on Friday, June 29.

One of the men who had originally been involved in the fight between Market Street and Seeleys proceeded to run at the vic-

tim. As the victim moved away, a number of men, believed to have been involved in the original disturbance, followed him and assaulted him.

Essex Police believe that the men then left the scene in a car.

The victim, whose age remains unknown, was taken to hospital with injuries to his face and hands - although the extent of his injuries remains unclear at this stage.

The disturbance comes just days after a mass brawl outside Paringdon Sports and Social Club on Sunday, June 24, which left a

man with serious injuries.

Anyone with any information about the incident outside the Marquis of Granby should call 101 and ask for Harlow CID quoting crime reference number 42/91923/18.

Anyone with any information about the incident outside Paringdon Sports and Social Club should also contact Harlow CID via the non-emergency number and quote crime reference 1132 of June 24.

Alternatively, people can contact Crimestoppers anonymously by calling 0800 555 111.

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Pre-registration closes on Friday 13th July at 12pm

Dwindling footfall leads to imminent closure of British Heart Foundation store

Shutters come down on town charity shop after ten years

By Charlotte Page

charlotte.page@hertsexnews.co.uk

A HARLOW charity shop will close its doors next month after ten years of trading in the town centre.

The British Heart Foundation Furniture and Electrical store in Terminus Street is set to close in August, following a "huge reduction" in customer spending and footfall.

The decision to close the store, situated next to the bus station, came after the charity failed to see that things would improve.

However, people will still be able to donate items including clothing, shoes, toys and more at

the British Heart Foundation shop on East Walk – which is just around the corner from the large, soon-to-be-vacant store.

Alternatively, people can use the free collection service available online.

Closing

Craig Fraser, area manager for British Heart Foundation (BHF), said: "I can confirm that after almost ten years of business the Harlow BHF shop will be closing in August."

"We did not take this decision lightly, as the shop team and volunteers at the Harlow shop worked so hard to keep the store going.

"The last few years has seen a huge reduction in both customer spend and footfall and the BHF couldn't see this improving.

"We would like to thank our wonderful staff, volunteers, customers and donors for their amazing support over the last decade.

"We would urge the Harlow community to still bear us in mind if you are having a clear-out in the next few weeks.

"The BHF is always after good-quality second-hand items to help raise vital funds for their life-saving heart research.

"Our shops in the surrounding area would be more than happy to receive any unwanted clothing, accessories, shoes, as well as



books, music, films and bric-a-brac. Donating to our shops couldn't be easier with our free

collections service – just get in touch with one of the shops if you would like to arrange one."

The furniture and electrical store in Terminus Street, which will shut permanently in August



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Fawbfest offers a day of local bands, gymnastics and School's free music festival returns with sunny fun for all the family

A HUGE family-friendly music festival returned for the third year running this weekend – and it was the most popular event to date.

FawbFest 2018 brought plenty of local bands to the stage on Saturday (June 30) at Fawbert and Barnard's Primary School in Old Harlow.

The festival was organised by the parent teacher association (PTA) in hopes of raising vital funds for the school.

Amanda McNaughton, co-chairman of the PTA, said: "It went really, really, well. It was a success and a very good day."

Bands

"We had several bands playing throughout the day – most of them local bands that had given up their time for free for us."

"We had live music all day and several different market stalls selling sweets, T-shirts, cakes and all sorts."

And music wasn't the only thing that visitors could enjoy, with demonstrations from fitness class Bounce and Sawbridge-worth-based theatre group Youth Create.

Ms McNaughton added: "We had Youth Create there, they had their own tent and were doing different acts and interacting with the children."

"They had a Jedi class, a princess class and different characters throughout the day to entertain the young children."

"We had a bounce zone as well."



Children enjoying the music

Photos: MARTINE XERRI

There were open air inflatables which the kids really loved and enjoyed."

It is expected that the festival will return again next year, especially with such positive feedback, although the decision will be made at the start of the next academic year.

The team would like to say thank you to the local community for attending, as well as to people who volunteered to run a stall and help on the field and Harlow Council, who provided recycling bins for the tidy up.

Ms McNaughton added: "Thank you to the community really for allowing us to hold the event."

"All the people, the volunteers that got involved, the people that helped on the stalls that we run – they are generally teachers or parents who have given up a couple of hours of their day."

"To everybody that attended, it was a really good family event."

"It was a really good day and we had the weather. The weather was definitely on our side this year. It was so beautiful."



dance demonstrations, and Jedi training



Diva Mix in action



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The award categories at this year's ceremony are:

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The awards presentation evening will take place on Tuesday 2nd October 2018. For further information please contact Vikky Perry on 08453 31 30 31 or email vperry@championsukplc.com



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We look forward to meeting with the applicants throughout the process and celebrating their successes. We wish you all the very best of luck with the awards this year.



Dawn Lay-Flurrie, Partner, RSM

INSPIRATIONAL London



Roxanna Hayes, Operations Director

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INSPIRATIONAL London Magazine is delighted to be involved with this year's Essex Business Excellence Awards.

We are dedicated to celebrating the very best businesses that Essex has to offer and these awards are another perfect opportunity to do so.

The region is so diverse and there are so many examples of true business excellence across all industries.

The awards benefit businesses directly, they boost morale and therefore increase productivity and drive amongst each and every employee. Good luck to all the nominees!

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'I know about the commitment and drive needed for success'

Graham Wyatt of James Hallam explains why the company is sponsoring the New Business Of The Year

The first category sponsor for the Essex Business Excellence Awards 2018 has been confirmed as the UK's leading and fully independent insurance brokers, James Hallam.

The firm, who provide superior risk advice and insurance management programmes to clients across a broad range of business sectors, have come on board as the sponsors behind the New Business of the Year category.

Graham Whyatt, Head of Affinity and SME at James Hallam explained more about their involvement with this award: "We work closely with new businesses and various start up organisations. Having a specialist SME team means we can help any business giving them the right insurance advice as well as additional support and services.

"I know first-hand about setting up a new business and the drive and commitment needed to make it a success, so we feel really well placed to support the best new business category."

A family-run business founded in 1982, James Hallam has been a solid part of Chelmsford and Essex's business community for many years and is dedicated to giving back to the local area. And, sponsoring the Essex Business Excellence Awards, is one of many ways in which the firm demonstrates that community spirit.

Expanding on this, Graham said: "We are involved with a number of the local business networks. We sponsor a number of events and support our local charity, Little Havens Hospice. We employ local people and are looking to increase our presence in Essex. We also work with the local authority and I have recently joined the One Chelmsford Business Improvement District (BID) committee looking to help improve the local business community."

The Essex Business Excellence Awards takes place on the October 2 and will be hosted at the Essex County Cricket Club.

■ To book your table at the event, or enquire about any available sponsorship opportunities, contact Victoria Perry at Champions (UK) plc on 01509 85 29 27 or email vperry@championsukplc.com.

■ To enter, and for more information about the event, including key dates for the diary, visit www.essexbusinessexcellenceawards.co.uk



Graham Whyatt of James Hallam



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Bereavements

Thomas Joseph BROWN

Passed away peacefully in Stanley Wilson Lodge on Monday 2nd July 2018, aged 102 years. He will be sadly missed by all his family and friends.

Private cremation, followed by a Thanksgiving Service at Bishop's Stortford Methodist Church on Thursday 12th July at 2.30 pm. All enquiries to Peasgood & Skeates Tel 01799 523314.

Margaret Rose DELLER

It is with much sadness that Jill & Mark, Cliff & Jackie have to announce the passing of our lovely Mum who passed away unexpectedly on Sunday 10th June 2018, aged 82 Years. Nan to Jamie, Rebecca, Sam, Louisa & Josh, & Great Nan to Bella.

We will all miss her so very much.

Mum had suffered with poor health for many years and is now finally at peace and reunited with our dear Dad John, whom we also recently lost.

Funeral service will be held at St Mary Magdalene Church, Potter Street, Harlow on Monday 9th July 11:45

Flowers or donations, made payable to the 'British Heart Foundation' may be sent c/o Daniel Robinson & Sons Wych Elm, Harlow, Essex, CM20 1QP Tel: 01279 426990

Alternatively please visit the "In Memory Page" at www.drobinson.co.uk

James EMERSON "Jimmy"

Sadly passed away 15th June 2018 Aged 67. He will be sadly missed by his loving wife Sandy, daughters Kirsty, Charlene, Jane, Abigail, all his family and friends. The funeral service will take place at Holy Trinity Church on 10th July at 12.00pm. Family flowers only, donations to British Lung Foundation c/o Daniel Robinson & Sons or via the In Memory Page www.drobinson.co.uk 01279 655477

KEVIN HAWKES

Suddenly at home on 3rd June 2018, aged 56 years. He will be sadly missed by all his loving family. Kevin's Funeral Service is to be held on Wednesday 11th July 2018, at Parndon Wood Crematorium at 1.00 p.m. Flowers welcome. All Enquiries and Flowers to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

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Bereavements

Grace Lillian LIVESEY

Sadly passed away on 23rd June 2018 Aged 81 Years.

Loving Mum to Roy, Colin & Trevor. She will be deeply missed by Layla, Karen, her Grandchildren and all her Family & Friends.

Funeral Service will be held at Parndon Wood Crematorium on Friday 20th July at 12.15pm.

Flowers may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

Ann Doreen MARCHANT

Sadly passed away on 25th June 2018. Beloved Wife & Mum.

She will be dearly missed by all her Family & Friends.

Funeral service to take place at Parndon Wood Crematorium on Friday 13th July 2018 at 1.45pm.

Flowers or donations made payable to 'Cancer Research UK' or 'National Rheumatoid Arthritis Society', may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990 Alternatively, please visit the 'In memory' page at www.drobinson.co.uk

Robert Allen MERRION 'Bob'

Passed away peacefully in St Clare Hospice on the 27th June 2018 aged 85. He will be deeply missed by his wife Angie, family, friends and all who knew him.

Bob's funeral service will be held at Parndon Wood Crematorium on Tuesday 17th July 2018 at 2.30pm. Family flowers only please but donations for St Clare Hospice may be sent to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB Telephone 01279-722476 Alternatively, please visit our In Memory pages at www.drobinson.co.uk

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Bereavements



Win REED

Passed away peacefully on Thursday 28th June 2018, aged 85 years. Dearly loved Sister to Laurie and Sister-in-law to Stasha. She will be sadly missed by all her family and friends.

Funeral service to take place at Parndon Wood Crematorium, Harlow on Wednesday 18th July 2018 at 1.45pm followed by a "Thanksgiving" service at Bishop's Stortford Baptist Church Centre, Twyford Road, Bishop's Stortford at 3.00pm.

Family flowers only please. Donations and all enquiries to Daniel Robinson & Sons, 79 - 81 South Street, Bishop's Stortford, CM23 3AL, Tel: 01279 655477 or via the "In Memory Donation Page" at www.drobinson.co.uk

Josephine SAPSFORD

It is with great sadness that we announce that Josephine, our much loved Wife, Mum and Grandma, passed away peacefully on 21st June 2018.

Josephine will be greatly missed by all her family and friends.

Josephine's funeral service will be held at Parndon Wood Crematorium and takes place on Thursday 12th July 12.15 pm, all who knew her are most welcome to attend. Family flowers only please. Donations if desired, to the Liver Transplant Unit at Addenbrookes Hospital; who cared for Josephine so well, may be sent to

F J Pincock & Son
10 Bush House, Bush Fair, Harlow
CM18 6NS.

Anthony John THOMSON Tony

Passed away peacefully on Monday 18th June aged 77 years.

A wonderful loving Husband of Jenny, devoted Father to Deborah, Joanne and Julie and much loved Grandad to Robert and Olivia. Tony will be sadly missed by all that knew and loved him.

Funeral Service to be held at Parndon Wood Crematorium on Tuesday 10th July 2018 at 3:15pm.

Family flowers only but donations if desired, may be made payable to 'St Clare Hospice' and sent c/o

Daniel Robinson & Sons,
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Alternatively please visit the "In Memory Page" www.drobinson.co.uk

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Bereavements



Ruth Dorothy YARDLEY

1923 - 2018

Dearly beloved mum, nan and great nan has been taken from us, you will be sadly missed by Carole and Chunky, all the family and friends.

Rest in peace, reunited with George.

Funeral at Holy Trinity Church, Bishop's Stortford on Friday 13th July 2018 at 11.00am

Followed by a burial at Bishop's Stortford Town Cemetery, Cemetery Road.

Flowers welcome or donations to Alzheimer's Society via the In Memory Page

www.drobinson.co.uk or Daniel Robinson, 79/81 South Street, Bishop's Stortford, CM23 3AL. 01279 655477

Acknowledgements

Anthony Edward Michael HOWARD 'Tony'

Jill and all her family would like to thank everybody who came to Tony's funeral service on the 21st June and for the many cards, donations in his memory and messages of support that they have received.

In Memoriam

Joyce Edna BRITAIN

15/11/33 - 10/07/04

Dearly loved Wife, Mum, Nanny and Great Nanny.

Peacefully sleeping, sadly missed.

A daily thought, a silent tear
A constant wish that you were here
Loved and remembered every day
In our hearts you will always stay

Ken, Lynn, Sandra, Lesley
Stewart, Nicola, Stephanie, Hayley,
Sophie, George, Bella, Abbie, Alfie
Penny, Elsie

Ian, Gary, Darron,
Antonia, James, Gary, Sam

STEVE FOSTER (Fozzie)

A year has passed since you left our lives, but you will never leave our hearts.

8th of July 2017.

Love always Mum Sue,
Gill, Steve
and Families xxxx

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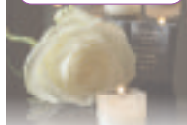
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YOUR VIEWS

LETTERS

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Email: community@hertsessexnews.co.uk

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Driven round the bend by pothole hell

YET again the issue of pot holes needs addressing.

Has anyone from the council driven through Northbrooks in the last few months/weeks. It is absolutely appalling, has no one inspected the state of the road?

I don't live there but visit my daughter often and I am disgusted at the amount of pot holes in the road.

How those residents that live there tolerate it is beyond me. When will it be dealt with, this has been in a terrible state for long enough.

Driving through trying to avoid them is impossible, there so many. I can see an accident waiting to happen as drivers try to swerve trying to avoid them.

What are we paying our taxes for, seems it certainly is not for repairing our roads.

A totally disgusted tax payer.
Ann Lilly
Harlow

Cake sale for Alzheimer's

I WOULD like to thank everyone who contributed to our cake sale for Alzheimer's Disease.

“
An accident waiting to happen as drivers swerve trying to avoid them
”
Name of writer

We collected £700 - sadly the weather was against us, so not as profitable as we'd hoped. However, the cakes we had left we took to Ashlyns who fortunately were also having a cake sale and were so pleased with our donation.

My special thanks to Mary, Luke and children, and Mo of Jads Convenience Store for his generous contribution.

Thank you all.
Gina Sullivan
Harlow

Effective consultation

YES there is clearly a communication problem which is clearly set out in the Harlow Alliance Party's letter of June 21. If the

council really wants to involve Harlow citizens in the expansion consultation the solution would be to set up an information centre in the former Citizens Advice Bureau (now unused) which would display the expansion plans as they develop with illustrative drawings and models which anybody can understand, rather than hundreds of pages of text.

This centre could be staffed from a paid team of young students interested in Architecture and Urban Development who would be briefed to help the public including visitors to Harlow. Funding for this essential element in the infrastructure of expansion must be available to enable the council to step up to its new status as the central town of the most significant development since the days of the Development Corporation.

John Graham
Harlow

Fearsome V2 rocket attack

THE article on page 19 of the Harlow Star June 21, despite the research efforts by three named contributors, incorrectly states that the 1944 V2 rocket fell in "Parndon woods on the outskirts of Harlow". This is where the crematorium is now sited.

The rocket in fact fell in what was then the cricket and later the football ground of Great Parndon CC/FC, and is now Rectory Field, as the map printed alongside the article shows.

The precise location was however more towards the Priory than shown on the map, and the crater was filled in when the Great Parndon FC ground was taken over by Harlow Council.

Ray Johnstone
Via email

Keeping your dog cool

WITH hotter than usual

temperatures Pets at Home is warning pet owners to take extra care in keeping their four-legged friends cool.

Unlike humans, dogs cannot cool themselves by sweating. The main way a dog cools off is by panting. Unfortunately, panting is often not enough especially when the weather is much hotter than usual.

Pets at Home's top tips include:

■ Look after your dog's paws - It's always best for your dog to avoid walking on hot asphalt or concrete, or on hot sand if you're at the beach. These surfaces can easily burn your dog's paws, causing blistering and pain. As their paws are the first thing to feel the heat, avoid hot surfaces to keep them clear of discomfort or more serious pain.

■ Keep them comfortable at home - Whether in the garden or in an overheated conservatory, make sure your dog isn't exposed to conditions where they can't keep cool. If the room where your dog spends most of its time gets warm in summer, try closing the curtains or blinds, or giving them access to another part of your home.

■ Know your dog's coat type - Dogs with naturally thin hair can get sunburnt, and white dogs with fair hair and pink skin under their fur can too. Areas with little or no fur such as the ears, belly and nose, are more susceptible to burning. It's always a good idea to know as much as possible about your dog's breed and use a dog-friendly sunscreen if in doubt.

■ Understand the brachy breed - Brachycephalic or 'brachy' dogs suffer from what's known as brachycephalic airway syndrome, or BAS for short. The condition is found in breeds with short noses such as pugs, bulldogs, shih tzus and boxers. Due to their facial structure, brachy dogs do not breathe and pant efficiently and since panting is the primary way that dogs cool themselves

PHOTO of the week



down, this places them at an extreme risk for developing heatstroke or heat exhaustion over the summer period. For more information on brachy breeds and what protective measures to take, visit the Pets at Home website or seek advice from a vet.

■ Pick cooler periods of the day for walks - On hot days, walk your dog during the cooler parts of the day, early morning and late evening. This will help minimise the length of time your pet is exposed to the sun, reducing the chance of them overheating.

■ Notice the signs - Watch your pet for signs of overheating, including heavy panting, excessive thirst or drooling, glazed eyes and loss of energy are all clues your dog is too

warm. If you recognise these when on a walk for instance, stop, find a shady spot and give them some water. If in doubt, contact your vet.

■ Never leave them in the car - Many people still believe that it's ok to leave a dog in a car on a warm day if the windows are left open or they're parked in the shade, but the truth is, it's still a very dangerous situation for the dog. A car can become as hot as an oven very quickly, even when it doesn't feel that warm.

For more information on safety in the summer season for a variety of pets, or to view the latest cooling pet products by Pets at Home, visit www.petsathome.com
Dr Maeve Moorcroft
Head of Pets at Pets at Home

EMAIL YOUR LETTERS

■ Please note we no longer print letters sent by post - please email your letters including your address and a daytime telephone number. Keep your letter to no more than 200 words. We reserve the right to edit material.

■ Email your pictures in JPEG format marked 'Your Views'

Please add your name, where you're from and where you took the photo. We reserve the right to reuse pictures at our discretion.



Remnants of the V2 rocket that fell on Great Parndon on September 8, 1944



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Percy the peacock who
came to reside at St
Clare's Hospice in Harlow
Photos from Rebecca Day

WEBCHAT

What you've been talking about
on social media this week

■ FAMILY OF 87-YEAR-OLD WIDOW SAY HARLOW COUNCIL NEEDS TO BE 'MORE SYMPATHETIC' AFTER 'DISGRACEFUL' LETTER TO STOP DISABILITY BENEFITS:

Same thing happened to my 92 year old grandad straight after my nan died. He had no clue what was going on and obviously in a very fragile state. I got a local councillor involved and it all got sorted.

Sarah Stock

I've always thought that there should be a period of grace with things like this, 28 days for example. But sadly the systems are reset from day one and it can be so unkind and devastating for some. Condolences to the family.

Wyn Thomas

I had the same thing. I had to pay a week back of his disability benefit.

Mollie Clements

When you register a death all benefit agencies are notified. It does make

things easier if they have multiple benefits and saves you having to go through everything multiple times.

Stevie Mker

We had to repay a week of my Dads and it is not the council it is the government. The letter comes via the council though. We had not even buried my Dad either it is just the way the world works I am afraid. We had loads of letters like this and all before Dad's final farewell.

Deborah Brazil Hill

■ HARLOW COUNCIL RECEIVES GOVERNMENT FUNDING TO TRANSFORM DISUSED PROPERTIES INTO SHORT-TERM ACCOMMODATION FOR ROUGH SLEEPERS:

If there's disused Harlow homes... shouldn't they have been given to Harlow people on the waiting list.

Will Beare

Well said Will Beare.
Sheila Palmer



TALKING POINT

What is the best way to get more people to engage with politics...?

THE BIG QUESTION:

With the first ever national democracy week fast approaching, how can we encourage more young people to engage in national and local elections?

LABOUR

TO engage young people in national and local elections, we must offer them a positive alternative vision to the struggles that they currently face.

A major new report by the think tank Demos titled Next Generation reveals that only half of young Britons feel that they live in a socially mobile society.

In England, those going to university graduate with debts of over £50,000. When it comes to housing, young people are forced into cramped and expensive rented properties which leave them little possibility of saving for their own home.

In outer London, home ownership for young people has collapsed from 53% to 16%, and millennials from Harlow (those born in the 80s) who work in London are faced with the most expensive annual season ticket per mile in the whole of the UK.

Being a Harlow millennial myself, I understand the problems that young people face. For ten years, I lived in cramped shared flats and eventually was priced out of the rental market altogether.

Over the years, I became disheartened by predominantly male, privileged, middle aged politicians making decisions for me. They didn't engage me or any other young people I knew. Conversely, the Labour Manifesto and the opportunities it offers



Laura McAlpine

engaged me immensely; free education from cradle to grave, rent caps, publicly owned railways and a mass council housing building programme.

And it isn't just me who it inspired. Young people voted in swathes for Labour at the last general election. That enthusiasm helped to build Harlow Young Labour. As a group, we have raised money for the Streets2Homes, helped to fund the new dementia garden at Princess Alexandra Hospital and host

regular free film and music nights. We debate issues that are relevant and this is increasing youth engagement and political activity locally.

As a young Labour Parliamentary Candidate, I hope that I will inspire young people to participate in politics. Often people say that all politicians are the same, but having grown up in Harlow and struggled myself, the only thing I'm the same as is the people I hope to represent.



Photo: ANYABERKUT (GETTY IMAGES)

HARLOW ALLIANCE

THE issue of getting young people interested in national or local politics is I am afraid not just confined to the young.

Only one third of the total electorate voted in the recent local elections in Harlow and a two thirds turnout at national elections is not far from the norm. Having campaigned in an election for the first time last May I found that most people I spoke to had one or more complaints or comments about politicians of all parties. Common themes included the fact that local councillors were not seen or heard of until elections were about to take place, the council and its councillors were not engaging or consulting with them when important decisions were to be made on issues which affected them and those without access to the internet found it difficult to find what is going on within the council.

Perhaps younger voters of today have even less of an interest in politics than those in the past due to the pressure to succeed in doing well in exams, the opportunities to travel and greater leisure time. It is not until they want to find a home of their own, start to



Nicholas Taylor

use the health service more as they get older and have children of their own, that they start to realise just how important politics and politicians are in most aspects of daily life. However council's like Harlow who seem not to want to involve any residents in the decision

making process, must be put under pressure to use all methods to involve residents of all ages to participate in making decisions which affect them. The Harlow Alliance Party was formed in part to put such pressure on Harlow Council and its councillors.

WHAT QUESTIONS DO YOU WANT ANSWERED?

■ Every week, we'll be putting your questions to representatives of each of your main local parties. So get involved! Email your questions to get the issues that matter to you on the agenda.

EMAIL YOUR QUESTIONS TO COMMUNITY @HERTSSESSEX NEWS.CO.UK

YOUR EDUCATION NEWS

School fundraising Art Café project offers plenty of food for thought

YEARS 9, 10 and 11 art, photography, textiles and food technology students at Burnt Mill Academy in Harlow have been working on a special enterprise purely in the name of charity.

The 90 students had to design a project which would raise money and then had to justify why they had chosen the charity they had.

They presented their ideas to the class and a panel of judges selected what they thought were the best ideas.

An Art Café – the first of its kind at the school – was opened on two days, where students displayed and sold their artwork, took commissions and held a cake sale to raise money for the Alzheimer's Society and the RSPCA.

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Siobhan Brignal, ADT teacher, said: "This project was a great success. It was an opportunity for students to give to charities which they had personal experiences with and were passionate about."

Year 9 student Ava Robertson-Gray said: "We chose to support the Alzheimer's Society because my step-grandad died of Alzheimer's over a year ago."

"He was in a care home for four years as we slowly lost him. I cherished every moment I had with him and chose the charity in memory of him. It is a very important charity to me as they can help other families and people going through and suffering from the disease."

The event raised a total of £176.80.



The Art Café – the first of its kind at the school

Inspiring triple-jumper puts pupils through their paces

WHO better to inspire children to get fit and active than a Team GB athlete.

International triple jumper Daniel Lewis put pupils at Roydon Primary Academy, in Roydon, through their paces at circuit training recently.

The Olympics 2020 hopeful, who competed at the 2014 Commonwealth Games and has secured 45 gold medals in his career, worked with every pupil to inspire them to find a passion for sport.

He said: "Today is about getting children more active and having fun, as well as giving them some inspiration. The message is simple; that if they get some enjoyment and passion for something, they will naturally want to do it more."

"It has been really good; the children are really enthusiastic."

During the visit, organised through Sports for Schools, Daniel wowed pupils by measuring out the distance he is able to triple jump.

But, he told how at their age, he wasn't the best at sport. He said: "I was into cartoons, my PlayStation and McDonalds. It wasn't until

later that I realised I had jumping ability when I competed in standing long jump at sports day. It was not until I reached secondary school that I even heard of triple jump."

"At my first English Schools Championships, I came ninth. I remember looking at those in first, second and third places and thinking I could never be as good as them. I thought I might as well give up. My coach convinced me to dedicate myself to it. The following year, I came first and became the number one in Britain at the age of 16."

Pupils, who attended school in their sports kits for the visit, had spent a couple of weeks preparing for the circuits after watching a video sent to them by the athlete.

They were sponsored to take part, raising money which will be split between the school for new sporting equipment and the athlete for Olympic preparations.

PE specialist Elaine Luscombe said: "This is a great way to show children how easy it can be to do circuit training. They could



International triple jumper Daniel Lewis visited pupils at Roydon Primary Academy

do this at home as it does not require any equipment, it's just all about moving their bodies.

"I know they will go home from this and want to find out more about Daniel and his career. They will

remember this day. It has been so inspiring. They will now be able to use what they have learnt as warm-ups in their PE lessons."

Head of school Michael Clark said: "Today is about getting pupils excited about

exercise and sport. There have been lots of high fives and cheers; there is a real buzz around the school today."

"Sport is a big deal at Roydon and this is just another opportunity to show

our young people that getting physically active can be a lot of fun."

"It has been a completely inclusive day, with Daniel showing pupils alternative exercises to try where necessary."

YOUR YESTERYEAR

How they envisaged a New Town for Harlow

BACK in 2012 when I was in my final year of university, I set out to write my dissertation on Harlow New Town from an social, economic and architectural perspective, writes *Ryan Karolak, of Harlow Museum.*

Recently, I've re-read it and wanted to reflect on some of the elements that made Harlow what it is today.

Here is a excerpt from that dissertation relating to the initial design years and the people involved.

The Master Plan of March 25, 1947 – issued at the end of that year's notoriously snowy and cold winter – was a template; governed by the stipulations of the New Towns Act to build upon the existing village of Harlow to the east towards north-east London and the nearby village of Epping. The content of the plan was largely numerical; with a population size of 60,000 to be set around four neighbourhood clusters averaging 15 dwellings per acre; two industrial sectors employing around a quarter of the population combined with the integration of small business outlets amongst the neighbourhoods; and the integration of road and cycle systems to accommodate civilian and commercial transport.

The 6,000 acres of land was entirely green fields, with only the aforementioned village of Harlow with a population of 4,500 to be integrated into the first neighbourhood cluster of Mark Hall.

All these facts were in the hands of the Harlow Development Corporation, which had the political and financial word when it came to realisation of this plan.

As Gibberd describes when talking to Silkin in September 1946 "...the plan I was to prepare had to be unofficial because the preparation of a Master Plan was the task of the

Development Corporation." The Corporation was there to amend the "old system" of garden cities and keep Harlow economically and socially sustainable; allowing for a local district council to take on the continuing role of upkeep and progress in the future when the environment deemed it so.

Away from the figures, the rhetoric of Gibberd creates an image of a town built for the service of its population in a new, healthy environment to which Britain's can aspire to amongst the general feeling of "New Britannica" felt by the people. The plan states that:

■ It is not a plan for the town. It is a plan of the framework to which it is proposed the town should conform...

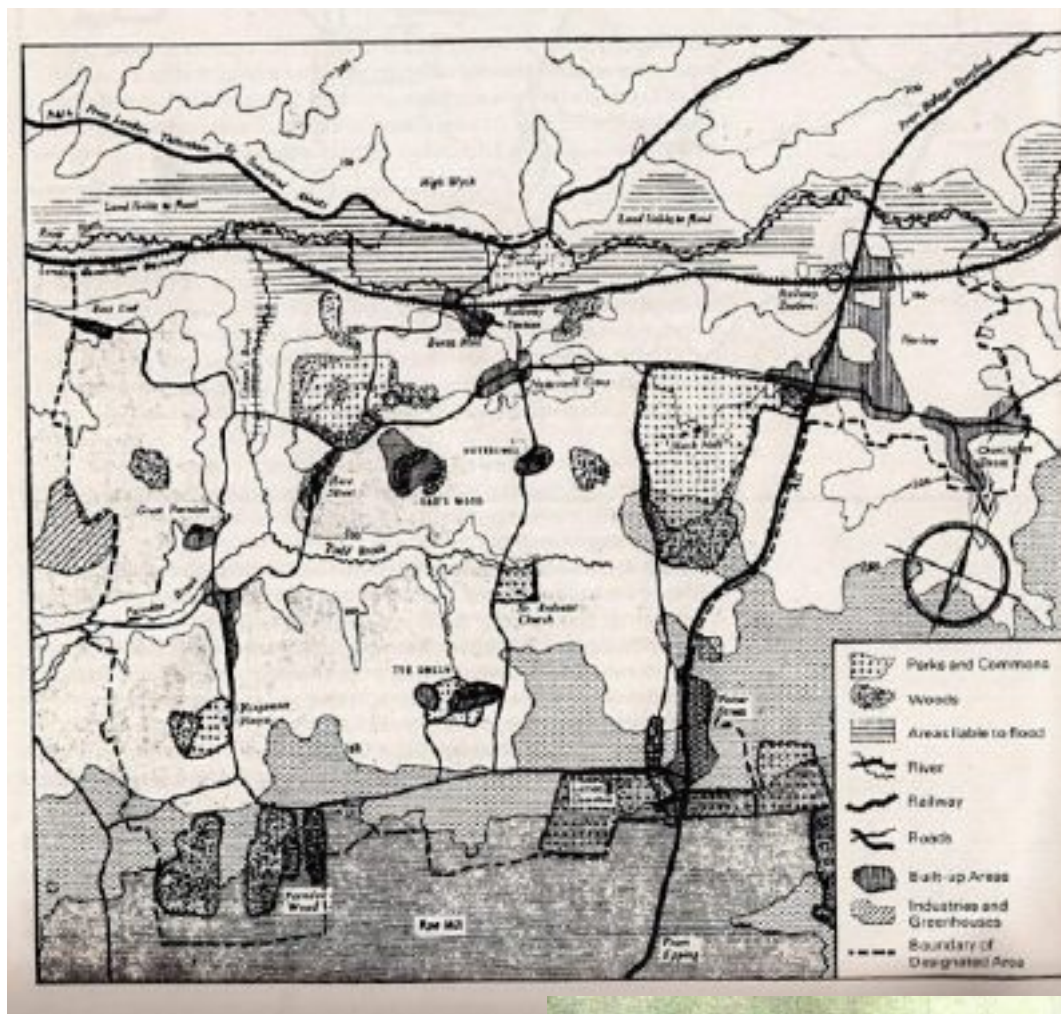
■ New Towns will solve the issue of London, making it the city it ought to be...

■ In architecture we are primarily concerned with the spaces occupied by buildings – but further, as buildings have height we have to think of the spaces between them as volumes

■ New Towns would create the future for Britain's civic life and allow London to regain its former glory.

Harlow, through the eyes of an architect, was not just dwellings and buildings.

It was a connection of social and economic systems which architects had been pondering since ancient Greece and Gibberd acknowledged this significantly. This view shows through in his personal work, as well as the interviews conducted through "Harlow: Story of a New Town" where the ideas of the Master Plan are discussed. He states that "it would be hard to find a more favourable site" as the land was green; with a large size of 6,000 acres and existing transport links of road and rail (although in need of improvement).



Outline of Harlow and the surrounding area in 1947

In his own publication, "Frederick Gibberd: Town Design" he goes into more detail on how the lay of the land allows for natural and urban integration; with the volumes and heights of buildings allowing each to be defined and not negatively affect each other. He also refers back to the continuing theme of "self-sustained communities" in which the neighbourhood clusters sat, where the call for experiments and new thinking were paramount in New Towns like Harlow.

The Neighbourhood cluster wasn't just a set of terraces, facilities and communal areas like traditional town development. Forty different architectural firms were brought onto the project, each given strips of houses to design as they see fit for a New Town. Drawings presented showed two- and three-storey dwellings; brick and render facades with the potential for colour beyond the naked materials; giving

small gardens in both the back and front of the dwelling.

Houses were also built with state ownership in mind, allowing for the quick adoption of families from the London boroughs of Enfield, Hackney, and the like. The subject of volume discussed earlier was taken further, with plans for Britain's first domestic tower block to feature in the first neighbourhood cluster by Gibberd adding to the architectural and sociological experimentation of the town. There were concerns to the silhouette of the landscape being affected by the height breaking up the feeling of the countryside, especially with the neighbourhood dwellings being on raised land against the transport links of road and cycle.

On the other hand, the use of land use is considered as "advantages outweighing the disadvantages" plays into the experimentation that New Towns encapsulated that



The Lawn, Harlow, in 1952

time would only tell whether it was a sustainable sacrifice. This was an understandable concern for the local villages and agricultural workers wanting to keep a rural feeling in their environment which would have to deal with heavy industry on top

of large-scale housing development.

● Today's piece features excerpts from "Harlow, Story of a New Town" which is available to buy from Harlow Museum, alongside a range of Gibberd's written work which is available to read in our heritage library.

YOUR CHARITY NEWS

Caring Hospice at Home team celebrate their 2,500th referral

ST Clare's Hospice at Home team is celebrating receiving its 2,500th referral to the service since opening in January 2014.

The team of registered nurses and nursing assistants provide free, short-term, compassionate care for people with life-limiting illnesses in the comfort of their own home, across West Essex.

Every year the Hospice at Home team provides support for more than 450 families, ensuring that patients, families and their carers receive compassionate care at the right time and in the right place.

Commenting on achieving the milestone of 2,500 referrals, Hospice at Home manager, Sonia Haigh, said: "Our team has worked so hard over the past four years and we are delighted to have been able to support so many hundreds of patients and their families."

"We have consistently achieved our target of responding to all referrals within two working hours, and it is fantastic to have responded to a grand total of more than 2,500 referrals."

Calling on local medical, social and voluntary professionals to make even more referrals to the Hospice at Home service, Sonia Haigh said: "The Hospice at Home team is available to work closely with professionals to make sure



St Clare's Hospice at Home team is received their 2,500th referral in June 2018

patients receive co-ordinated care.

"Hospice at Home care can help to avoid unnecessary hospital admissions, provide short-

term care for rapid discharge from hospital while awaiting a care package, and provide hands-on compassionate care in the last weeks of a person's life in the comfort

of their own home."

Referrals can be made by all health, social and voluntary care professionals, including GPs, District Nurses, Clinical Nurse

Specialists, social care or hospital teams.

Also patients, their family, or carer can refer themselves directly.

The team will then need to

discuss the referral with the patient's GP.

For further information on referrals or St Clare's visit their website at: <https://stclarehospice.org.uk/>

Dedicated doctor proud to be part of BEARS accident rescue service

DID you know that the Basic Essex Accident Rescue Service (BEARS) charity enhanced care car responds to incidents crewed up with a critical care paramedic and a doctor who both specialise in pre hospital emergency medicine?

One of the doctors is Jon Barratt, who responds in his spare time and has been a responder for BEARS since January 2015.

Jon is currently on a full

time secondment to the East Anglian Air Ambulance Trust (EAAAT) from his training programme as an Emergency Medicine Registrar in London.

Prior to joining BEARS Jon has undertaken military service in Afghanistan and previously worked as a Trauma Fellow at the Royal London Hospital.

Jon holds the Diploma in Immediate Care (RCSEd), the Diploma in the Medical Care

of Catastrophes and is a Member of the Royal College of Emergency Medicine.

He is also the operational lead for the charity and oversees the day to day running of our charitable activity and chairs the operations group.

He is passionate about advancing the scheme and increasing the provision of enhanced care to the sick and injured in Essex.

Jon said: "Being a member

of BEARS allows me to respond to life threatening emergencies in my own community and deliver life saving interventions to the most sick and severely injured patients."

He added: "The work I do for BEARS is hugely rewarding and I am so proud to be a part of the team of dedicated doctors and paramedics who volunteer their time to respond for us."



YOUR COMMUNITY NEWS

Inspirational young people praised for their achievements

AN incredible 128 young people from schools and clubs across Harlow came together to receive prestigious Jack Petchey Foundation Achievement Awards presented across two awards ceremonies at the Harlow Playhouse on Monday, June 25 and Wednesday, June 27.

The event honoured Achievement Award winners aged 11-25 who received medallions to go with their framed certificate and a cheque for £250 each, already presented. They were nominated by their peers and leaders, winning awards for a variety of achievements big and small but always for doing their best.

In addition, 18 adults were also celebrated with Leader Awards who have demonstrated, in an outstanding way, an ability to motivate young people.

They received a medallion and a framed certificate.

Youth organisations and schools in Harlow have received funding of £1,080,057 from the Jack Petchey Foundation since funding started in 2000.

Mayor of Harlow, Cllr Maggie Hulcoop said: "We should be very proud of so many young people from the town who will all go far in their career choices. They are fantastic ambassadors of the town and with the future in their hands, how can we lose?"

Danny Crates, Paralympic gold medalist said: "I have attended several Jack Petchey presentations in the past and it is always a great way to celebrate the achievements of Essex's young people. I am always inspired by how hard working the young people are and love to hear of their

outstanding stories. A big well done to all of tonight's award winners."

Winners included Khalil Aldabbas, who attends Harlow College. Khalil first arrived in Harlow as a lone child refugee after his Syrian home was bombed and, after putting his life in the hands of the people smugglers and a rescue operation in Greece, he managed to escape to the UK. Once he arrived, Khalil was in care for two years but now lives independently and attends college.

Khalil has been at Harlow College since October 2014 and is now in his second year of a BTEC Extended Diploma in Applied Science. He is the only one in his group to progress to Level 3 and is now ready to make his way to university. He never uses his past as an excuse and continues to focus on his future and always works



Khalil Aldabbas, on the night of the ceremony

hard to do a good job.

As well as excelling academically, Khalil also uses the skills he has developed at college to help other disadvantaged people. He volunteers to assist Syrian students who are struggling to cope with their experiences.

Khalil will soon receive his £250 grant from the Jack Petchey Foundation and will be invited to decide how he wishes to spend it to help benefit his school.

For further information

contact Harlow College's Jack Petchey Foundation Coordinator, Ken Woolcott at kwoolcott@harlow-college.ac.uk or on 01279 868111.

For a full list of the award winners from Harlow please visit: <http://www.jackpetcheyfoundation.org.uk/uploads/imagesnew/file/Harlow%20press%20release%202018.pdf>

Sir Jack founded the Jack Petchey Foundation in 1999 to recognise the positive contributions young people

make to society and to support them in achieving their potential. Since then it has provided support to a wide range of 2,000 initiatives supporting young people across London and Essex and has invested over £118m.

Sir Jack Petchey CBE aged 92, said "I am passionate about our awards scheme which enables young people to be recognised, valued and rewarded for their achievements and positive contributions to society."

Harlow

■ **JAZZ GIG:** Music at Marigolds on Friday, July, 13. Doors open at 7.30pm with Band: Spikedrivers.

At Harlow Cricket Club, Chippingfield, Old Harlow, Essex, CM17 0DJ. Tickets: £10 on the door. See www.musicatmarigolds.co.uk for more info or call 01279 421763

■ **FLOWER FESTIVAL:** St Mary's Church Great Parndon Harlow are holding their Flower Festival on Saturday, July 7 (10.30am to 4.30pm) and Sunday, July 8 (12.15pm to 4.30pm).

Flower displays will be on show in the Church all weekend, there is a Fun Dog Show at 1.30pm (on the Saturday only) and Refreshments, Plants, Cakes, Books and Bric-a-Brac on sale both days. Go along and enjoy - St Mary's is in Peldon Road, Harlow CM19 4HT, which is just off the roundabout at the northern end of Katherine's Way.

■ **CREAM TEA:** Afternoon Cream Tea at Herts & Essex Community Farm, Fold Croft, Harlow on Saturday, July 7 from 2 - 4pm, There will be

homemade scones, jams made from organic fruit grown at the site and unlimited tea & coffee. A pop-up farm shop will be open selling fruits, vegetables, jams, teas and more all for a donation to the farm.

Entrance is £5 for adults and £3 for children and for that price visitors can eat their way through a basket of fresh, homemade scones which will be served with clotted cream as well as farm jam. Entertainment on the day will be provided by the U3A choir and a band featuring ukulele and banjo. There will also be performing on the afternoon. There will be a range of seating options ranging from tables and chairs to blankets and cushions on the grass.

Tickets will be available on the door or you can be booked directly via the farm, those with special dietary requirements please book in advance. For more information search HECommunityfarm from Facebook or email hcommunityfarm@gmail.com.

■ **MONEY RAISED:** Harlow Lions Club have recently held a Quiz Night in support of

Bishops Stortford District Scouts, to support a scout attending the World Scout Jamboree that will be held in New England, USA later this year. They all had a fun evening and £300 was raised.

Hunsdon

■ **PILATES CLASSES:** Mondays 2.30-3.30pm Hunsdon Village Hall. Friendly and welcoming classes. Pilates helps you achieve a balance of mind and body plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

For more information or to book your complimentary trial class (limited places) new attendees- Contact Anne at 'Active Health Pilates and More' on 07717 333234 or email: activehealthpam@gmail.com

Roydon

■ **SATURDAY MARKET:** On July 14, 10am - 2pm in the Village Hall CM19 5HH. Bread, eggs, chutneys, meat, cakes, clothes, jewellery, gifts,

YOUR NEWS

■ We compile our Community News pages two weeks in advance of publication.

If you'd like to include a future event please make sure you tell us in plenty of time so our readers can come along.

flavoured gins, crafts, pottery, art, cards and historical maps and photos will be there. Refreshments will be run to raise money for Tanzania 2019. Free entry.

Sandon

■ **GREEN FINGERS:** Sandon Gardeners' Club meets every second Monday of the month at Sandon Village Hall at 7.30pm. If you have an interest in gardening, go along and join. New members are always welcome.

Contact chairman John Handley at: johnhandley5@btinternet.com for more.

Sawbridgeworth

■ **MORRIS MEET:** Fiddlers'

Brook Morris meet every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth. New comers are welcome to go along and give it a try for fun, exercise and friendship and to help keep a tradition going? Musicians also welcome. Call 01279 723707 or email neilandgillmunro@aol.com or see our Facebook page.

Standon

■ **TEEN DANCE:** DDMIX (Diverse Dance Mix) dance fitness classes are held every Wednesday at Standon Village Hall for teenagers between 5.45 and 6.30pm, term time. No dance experience is required, just lots of enthusiasm and a pair of trainers. It costs £5, which can be paid on the door each week. Call Julie on 07971 699615 or visit: dancejamacademy.co.uk for more details.

■ **FIT FOR ALL:** Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue.

It is suitable for everyone, easy to follow, sociable and light-hearted. Call Denise,

your local fitness instructor, for times and classes on 01920 823072 or 07703 277862.

■ **CREATIVE LITTLE ONES:** Art, craft and messy play classes are held for under fives. The sessions are held on Wednesdays between 1pm and 1.45pm at Standon Village Hall.

Go along and have some creative fun with your little one. Email Becky to book a free trial at: artexplorers1@gmail.com or visit: www.artexplorers.co.uk for more information.

■ **MUSICIANS AND MOVERS:** Put a jingle in your step and become a morris dancer. Have a bash at Cotswold dance traditions with Standon Morris at practice sessions on Thursday evenings. The mixed side welcomes anyone from 10 years old upwards. No experience necessary, and it is free. The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm. Musicians are also needed to play.

To find out more, call Catherine on 07808 969379 or send an email to: standon.morris@gmail.com

Labour party to celebrate birthday of the NHS with picnic in the park

OVER the last 70 years, the National Health Service has transformed the health and well-being of the nation and is envied the world over.

To mark the 70th anniversary of one of the party's greatest achievements, Harlow Labour today announced a 'Picnic in the Park' to be hosted by Parliamentary Candidate, Laura McAlpine on Saturday, July 7 in the Town Park starting at 1pm.

Laura McAlpine said: "The aim of the event is for us all to come together to celebrate this important milestone in the NHS' history and to thank the staff and volunteers for their dedication and hard work.

"There can hardly be a person in our town who doesn't have a reason to be grateful for the work of the NHS. This will be a chance to express that gratitude.

"We hope that people will bring their picnic baskets and blankets and enjoy an afternoon of live music and speakers.

"We're encouraging children to enter our 'Doctors and Nurses Fancy Dress Competition'.

"We're also inviting people to nominate their 'NHS Hero' - any NHS staff member in Harlow can be nominated by visiting the



Laura McAlpine (centre), pictured with staff of the Gibberd Ward at PAH and Harlow Labour volunteers

Laura4Harlow Facebook page or by texting 'NHS Hero' and the name to 07966266388.

"We'll be announcing and

celebrating our NHS Heroes at the Picnic in the Park. It's going to be a great afternoon."

To get into the spirit of the

celebration, Laura joined other Labour Party volunteers this weekend to clear the Gibberd Ward Dementia Garden at Princess

Alexandra Hospital.

Funds raised at the Picnic in the Park will be donated to the further improvement of the garden.

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NEWS.CO.UK

Town businesses win awards for delivering good service

THE Harvey Centre enjoyed a spectacular night at this year's Harlow Town Centre Awards, with five retailers at the centre walking away with key awards.

The awards are particularly special because they are voted for by the public. Primark walked away with arguably the most important award of the night - Retailer of the Year and Couzens Bakery scooped an incredible two awards. Harlow Citizens Advice Bureau, The Perfume Shop and Burger Priest also had a successful night.

The awards were established to recognise individuals and teams that make the town centre what it is and to celebrate the diversity of businesses and

services that are available in Harlow.

There were 14 categories judged, covering a range of services and activities that take place in the town centre.

Tenants within The Harvey Centre that walked away with awards include:

- Retailer of the Year - Primark
- Best Environmentally Friendly Business or Organisation - Couzens Bakery
- Customer Service of the Year - Couzens Bakery
- Health, Beauty and Well-Being Businesses of the Year - The Perfume Shop
- Volunteer of the Year - Harlow Citizens Advice Bureau
- Manager of the Year

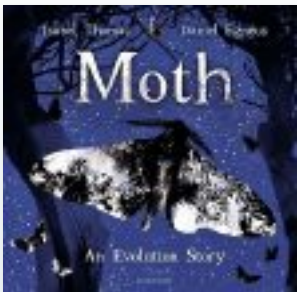
(second place) - James Harding, Burger Priest

The Harvey Centre was also a proud sponsor of the Community and Voluntary Based Project of the Year, which was awarded to Harlow Library.

Bryan Young, Centre Manager at The Harvey Centre said: "We are really proud of all of our tenants that won on the night - they are all hugely deserving and work really hard to deliver the best possible service they can to the people of Harlow. It's also great to receive this type of recognition and the fact these awards are judged by the general public is very important to us and lets us know our shoppers appreciate what we are offering."



FAMILY MATTERS

CHILDREN'S
BOOK OF THE WEEK**I MOTH: AN EVOLUTION STORY**

by Isabel Thomas, Bloomsbury Children's Books, £12.99.

AS the opening of the book says: "This is a story of light and dark. Of change and adaptation, of survival and hope."

It tells the story of how the peppered moth, with its speckled wings, evolves. The story starts with moths living in a rural setting with flying predators to avoid, saved by their camouflage, until factories begin to change the world by belching smoke and bringing dark pollution, and the very characteristics that protected the moths now make them vulnerable.

Slowly the darker moths survive and their children and grandchildren become better and better protected.

The bold graphics illustrate the story perfectly, and it ends with readers being urged to spot moths in the wild and engages them in a little more formal history of the moth.

Perfect for nature-lovers to learn from, without realising they are learning.

PRODUCT
OF THE WEEK

Have a ball this summer

IT'S the perfect weather for having some fun on the beach or in the garden and these giant glitter inflatables caught our eye.

The free-floating foil confetti will fall and tumble within the ball catching the light.

They featured on ITV's This Morning last week, and you can find them priced £14.99 from prezybox.com

How to help your child start school confidently

Starting reception is a big step, but it needn't be scary. **DAISY FOX** finds out how parents can act now to help prepare their children - and themselves - for a drama-free first day

THE summer is stretching out before us, promising long days playing in the sunshine, family picnics and trips to the park and the seaside.

September seems like a lifetime away, so we roll our eyes at the Back to School ranges already in the supermarkets, bypassing the uniforms and lunch boxes in favour of barbecue fuel and a beach ball.

However you don't have to wait until the trees show their first signs of autumn gold to prepare for the new term ahead.

Many primary schools will be holding transitioning days this month for youngsters who will start their first year of school in September. Known as Reception or Foundation 2, it has a lot of similarities to nursery, playgroup or home.

It is a continuation of a child's learning journey, building on the activities that he or she already

enjoys such as crafts, construction toys, drawing, singing or make believe.

In fact, children often get so wrapped up in their day-to-day activities at school that they barely notice the seeds of knowledge that are sprinkled in by their teachers - the academia that is sneaking up on them as they learn through play. Before you know it they are reading and writing.

Starting school is both exciting and daunting for children, with a new classroom to explore, different teachers to meet and friends to make. It can be a difficult time for parents too, as everyone adjusts to their new routine. The idea might take a bit of getting used to, but there is plenty you can do over the summer to help prepare your child for the all-important first day.

Here, Pre-school Learning Alliance Quality and Standards Manager Melanie Pilcher, writer of



Moving on Up, which focuses on managing transitions in the early years, offers answers to common questions.

Our child has been invited into school for a transition day. Is it important that they attend?

TRANSITION days are really important. They help a child to familiarise themselves with a new

environment and routine and give the teacher a chance to get to know the child and understand their current level of development.

Transition is not a one-off event, it should be seen as a process, so the more transition visits the child has - the better they'll cope with the change.

What can I do with my child during the holidays to help prepare them for school?

IT'S a good idea to have a chat with your childcare provider to see what sort of things they have been doing to support the transition to school - you can continue with those in the holidays, especially things like sharing books and stories together. Have a read through of your child's last assessment from your childcare

Transition is not a one-off event, it should be seen as a process...

Melanie Pilcher, author of Moving On Up

RICHARD IRVINE

DOUBLE
TROUBLE
FOR A
FIRST-TIME
DAD OF TWINS



Is it politically incorrect to blame gender for

THOMAS and Emma are non-identical twins although the experts among you already know you'd struggle to get an identical boy and girl.

From a biological perspective, non-identical means they're both from different eggs and sperm, thereby creating two very different children but at exactly the same time.

They are blessed with our genetic ingredients so it's essentially a Buy One Get One Free deal on crisps of a different flavour but from the same manufacturer.

Due to the shared heritage



Twins are by no means identical

of the twins, there are lots of similarities, but even more differences

Thomas enjoys a dummy after meals, before bed and during stressful situations.

Emma likes to steal that dummy and throw it away for

her own amusement.

In fact, anything Thomas appears to hold dear to him, Emma will steal.

She also feels no pain whereas Thomas will collapse in agony after a gentle brushing with a wet wipe. This sensitivity doesn't extend to strangers for Thomas. He will happily greet anyone, particularly women, with a big smile, open arms and a gentle chuckle. He's just happy to be noticed.

On the other hand, Emma, meets everyone with suspicion, fixing them with a cold hard stare until they retreat.



Trips to the local play area offer kids the chance to sharpen social skills, while transition days will help your child build confidence before starting school for real



provider to see what areas they identified where your child needs support.

It's always great to have new clothing and equipment ready for 'big school', but make sure your child has plenty of opportunity to practise with their new lunchbox, flask, coat buttons and shoe laces.

My child has never been to nursery. What can I do to help them mix well with other children?

THINGS like taking turns and sharing are often difficult concepts for young children to grasp so they need plenty of opportunity to play with other children where they can 'learn the rules' of social behaviour.

Make the most of opportunities for your child to interact with other children. Invite friends to your house with their kids or visit playbarns or

similar venues where children have the opportunity to socialise with each other without adults being directly involved.

Once my child has started school, how can I help them settle in?

REMEMBER this is a new routine for you too, so try to be organised. Your child will pick up on your anxiety if you are running late, or cannot find their book bag in the morning.

Establish a morning routine that includes a quick checklist of everything you'll need before you leave the house. At home time, talk to your child about their day, but don't expect too much feedback!

■ Moving on Up is available now, published by the Pre-School Learning Alliance. See shop.pre-school.org.uk/T201/moving-on-up

our twins' differing agendas?

If the perceived threat approaches Emma, she will cry loudly to signal for back up. The crying is also used to provoke a faster service at dinnertime. It's also used if she feels Thomas is experiencing quicker food delivery. And to signal her displeasure at being forced to take a nap.

This is in direct contrast to Thomas, who looks happiest when he's put to bed. Unless he's working on a meaningless task, such as trying to remove the squeak from a toy, when he prefers not to be disturbed.

This list of personality differences is getting longer by the week. Maybe because they are twins, I expected them to be more alike, but then

they're always going to be a bit different because they're a boy and a girl.

Although surely Emma's bossy, demanding, manipulative, tough, suspicious and self-sufficient nature aren't linked to just being a girl.

And by the same token, surely Thomas' need for attention from the opposite sex, fondness for a nap, ability to work for hours on nothing constructive and domination by a strong female aren't related to him being a boy.

It would be ludicrous to suggest such sex-based stereotypes are present before they're one-year-olds. Wouldn't it?



A KILLER PICNIC BLANKET
Everyone orca get one of these!
£39, anorak online.co.uk



HEADS OR TAILS?
This Moby pic would look great in any bathroom
£13.50, modeprints.com



SALT & PEPPER SHAKERS
Sea-son your dishes with this cute matching pairs
£12, Debenhams

KIDS' PUZZLES!

SPOT THE DIFFERENCE



Can you spot the six differences between the pictures below?



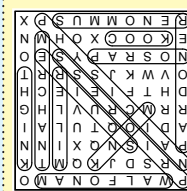
WORDSEARCH

Can you find all these Canterbury Tales characters in the grid?

P	W	A	L	F	O	N	A	M	O
N	R	S	D	J	K	Q	M	T	K
P	A	I	S	N	Q	X	I	N	N
A	D	I	O	Q	T	U	L	A	I
R	R	M	C	R	U	V	L	H	G
D	H	T	F	I	E	I	E	C	H
O	V	W	K	J	S	S	R	R	T
N	O	S	R	A	P	Y	S	E	O
E	K	O	O	C	X	O	H	M	N
R	E	N	O	M	M	U	S	P	X

COOK
KNIGHT
MAN OF LAW
MERCHANT
MILLER
MONK
PARDONER
PARSON
PHYSICIAN
PRIORESS
SQUIRE
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FASHION FOCUS

STYLE FILES

THE LATEST FROM THE
CATWALK, RED CARPET
AND HIGH STREET

■ MARKS & Spencer has just launched an exclusive edit of swim pieces, online and in selected stores.

It includes four statement pieces, including a gingham bikini, and a classic striped one-piece alongside swimwear with clever innovations such as Stay NewTM Chlorine Resist as well as hidden cup support in the tankini to boost your body confidence poolside. This Hello Summer red one piece is definitely our favourite, £19.50.



■ DID the designers at Radley have some sort of mystical advance notice of this current heatwave? The brand's new summer shop range couldn't be more fitting for the weather.



Comprised of strong silhouettes, bold colours and playful textures, this capsule collection provides the perfect accessories to brighten up summer outfits. Hello Sunshine small drawstring cross-body bag £139, radley.co.uk

■ NEW Look's Peggy blouse has been one of the store's best-sellers since it was launched in 2015, and to date it has shifted more than 200,000 of them. For summer the store gives it a fresh spin in bright colours or ditsy prints. We like this floral version, £17.99.



■ WHEN the weather is this hot, who doesn't love a floaty maxi dress?

Modelled here by Arizona Muse, this pretty pink and lemon one from Mango's sustainable Committed Collection is made from recycled polyester, and it is now reduced from £139 to £89.99 in the summer sale, shop.mango.com



Grown-up & gorgeous

High street dresses making you feel your age? **EMMA JOHNSON** says there's no risk of that with these fab frocks

Anonyme
Sandra
dress £95,
anonyme.it/en

Moss Copenhagen
dress £87, Tommy
Hilfiger bag £130,
Nine West courts
£137, all at
Littlewoods.com

Green wrap
dress £25, Tu
at Sainsbury's





Green floral shirt dress
£69, Sosandar,
sosandar.com



Lillia dress
£169, Rachel
mules £129,
Sophia hat
£45, all
Hobbs



"Weirdly wonderful"
dress £79.50
(available August),
Oliver Bonas,
oliverbonas.com



KEEP YOUR FASHION COOL

LOVE the heat - the hotter the better - but the soaring temperatures over the last week or so have sent me into a wardrobe tizz. Sitting in the garden I can manage (doing the ironing wearing a bikini is officially a "thing") but with a wardrobe that consists mainly of denim in all its various guises, I'm spending most mornings wishing I had a plethora of flimsy cotton dresses to choose from, and most evenings shopping online for said flimsy dresses.

I have even been digging in my holiday clothes, the things I keep exclusively for when a passport has been shown.

But surely there has to be a line between what you wear on holiday and your civilian get-up?

Case in point, I was working in the centre of London last week and it was business as usual on the clothing front, city types in suits and sunglasses, the more casual workers still sporting jeans but with lighter weight tops and sandals.

However, elsewhere

I've spotted shirtless men in city centres, bikini tops in beer gardens and sheer kaftans in the super-market. Does a fortnight of solid sunshine mean we can all dress like we live on the Costas?

The thing you notice most on city breaks is that even those who live in hot cities don't dress like they are off to the beach every day.

Dressing for hot weather without looking like an extra from Benidorm is a skill. The most stylish people I've

spotted have been those less worried about catching a tan by exposing as much skin as possible, instead wearing fabrics and shapes that keep them cool - cotton jumpsuits, loose dresses and flat sandals.

New Yorkers are particularly adept at dressing for hot summers in the city. They keep it simple. Pale stripes, dotty prints and block colour, especially black, all look great in the city sunshine.

And always wear SPF. Burnt shoulders will never come back into fashion.



A city worker
beats the heat

Q&A

QI KEEP seeing rope sandals on Instagram bloggers but I can't seem to find any to buy online. Please tell me they aren't going to be really expensive...

AYOU'RE in luck. This season lots of stores have done their own version of this Instagram favourite. I quite like this & Other Stories version. Left, Nomadic State of Mind sandals, £55, stories.com



■ JOANNE is a stylist and personal shopper with more than 12 years experience in the fashion industry. Email: Joanneecwatkinson@me.com

FILM REVIEWS

With Damon Smith

FILM
OF THE
WEEK



John Houston, his daughter Whitney Houston, Bobby Brown and Cissy Houston

Photo: Altitude Releasing

Tragedy unfolding

WHITNEY (15) ★★★★★

My first lingering memory of Whitney Houston was an infectious smile framed by tumbling curls of caramel hair telling me – and anyone who would listen – that she wanted to dance with somebody.

The whole world danced with Houston in the summer of 1987, propelling her to the top of the charts in numerous countries including the UK.

Staccato bursts of that rousing dance floor anthem open Kevin Macdonald's revealing documentary, which arrives one year after Nick Broomfield and Rudi Dolezal's poignant film *Whitney: Can I Be Me*.

The two portraits of doomed musical genius share some narrative threads including the importance of best friend Robyn Crawford to Houston's well-being, and the spiral of self-destruction which followed her marriage to bad boy singer Bobby Brown.

Macdonald's heart-breaking film is the only account of Houston's life and career officially supported by her estate and includes original studio recordings and never-before-seen footage alongside live performances recorded by

the late singer.

The Scottish director of *One Day In September* has been granted unrivalled access to the family's archives and he lovingly assembles personal home movie footage, which reveals the humour and the anguish behind the polished stage persona.

Whitney shows boundless affection for its luminous subject but Macdonald's absorbing film is by no means a hagiography: unflattering images of Houston in a stupor

are juxtaposed with one of her latter performances when she failed to hit the high notes in her cover version of *I Will Always Love You*.

There are strong echoes of the deeply moving, Oscar-winning documentary *Amy* as a glittering star falls back to Earth with a sickening thud.

What sets apart this meticulous sift through family albums from other character studies is the suggestion that Houston's downfall may have been precipitated by child

abuse when she was growing up.

In one of the film's most eye-opening sections, friends and family members go as far as to name the person they believe was responsible for shattering Houston's childhood innocence.

Equally sobering are on-camera interviews with her brothers, who recall taking drugs with Houston, and the inescapable feeling that no one in her entourage was willing to step forward and drag her back from the brink of oblivion when her gruelling touring schedule paid their wages.

Houston's parents, John and Cissy, cast a long shadow over her career and both figures are strong presences in Macdonald's film.

Euphoric live performances including her breath-taking rendition of *The Star-Spangled Banner* at the 1991 Super Bowl are a desperately sad reminder of the immense talent we all lost on February 11, 2012, when the singer accidentally drowned in a hotel room bath tub.

The world will continue to dance with somebody at Houston's behest.

Her vocals soar to dizzying heights and Macdonald's upsetting film follows her most of the way.



John and Whitney Houston

Photo: Altitude Releasing

ALSO OUT THIS WEEK



Rob Brydon and co get ready to take the plunge in *Swimming With Men* Photo: Vertigo / Alex Bailey

SWIMMING WITH MEN (12A) ★★★★★

INSPIRED by a true story, director Oliver Parker's feelgood comedy treads a lot of dramatic water before a rousing finale, which affirms the power of friendship to heal deep emotional wounds.

Swimming With Men follows a group of disillusioned husbands, widowers and singletons, who discover camaraderie, courage and a sense of belonging as a ramshackle synchronised swimming team.

Screenwriter Aschlin Ditta wades through syrupy sentiment festooned with familiar plot points to reach a fist-pumping resolution, which includes underwater shots of a homegrown cast putting their best feet forward (and in the air) in pursuit of sporting glory.

The *Full Monty* is an obvious template but Parker's film lacks the rich characterisation, bountiful good humour and lump-in-the-throat emotion, which carried the stripping Sheffield steelworkers all of the way to the Oscars red carpet.

There are some touching moments bubbling beneath the surface of Ditta's script but back stories are painfully undernourished and a romantic subplot between one of the men and the team's straight-talking female coach is insipid.

Regardless, only a stone-cold heart would be unmoved by the team's sprightly final performance in front of the judge.

Eric (Rob Brydon) is a mild-mannered accountant in the midst of a suffocating midlife crisis. His councillor wife Heather (Jane Horrocks) seems smitten with her boss (Nathaniel Parker) and Eric struggles to connect to his teenage son Billy (Spike White).

The only time Eric feels he can draw breath is when he is swimming laps at a public pool in his lunch hour.

During one of these stress-reducing workouts, Eric meets Ted (Jim Carter), Luke (Rupert Graves), Colin (Daniel Mays), Tom (Thomas Turgoose), Kurt (Adeel Akhtar), Silent Bob (Chris Epton) and New Guy (Ronan Daly), who have formed their own synchronised swimming team.

Professional swimmer Susan (Charlotte Riley) encourages the men to compete in the unofficial world championships where they would face the reigning Swedish champions led by her ardent admirer Jonas (Christian Ruback).

Following four weeks of intense training by Susan, Eric and co prepare to represent Great Britain in Milan.

Swimming With Men is a gently effervescent tale of male bonding that promises more than it ultimately delivers.

Brydon struggles to mine humour from a flimsy script and his on-screen chemistry with Horrocks is inert, undermining the impact of a fairy tale coda.

Parker's film works hard to stay afloat and, thanks to a trim running time, keeps its head above water to the end credits.

MUSIC

Big names at Essex festivals

SHANE FILAN, FIVE, ARTFUL DODGER, ASWAD AND THE DUALERS ARE AMONG THE ACTS AT TWO FESTIVALS IN SOUTH ESSEX THIS SUMMER. MARTIN NEAL FINDS OUT MORE

Shane Filan is headlining the Sunday of Now That's A Festival

Balmy summer nights, dancing outdoors with friends – maybe strangers too – as the sweet sound of live music electrifies the great outdoors. Yes, the festival season is well and truly upon us.

Here in Essex as excitement is building about RiZE, the successor to V, there are two other festivals in the county that also worth watching out for.

Back, even bigger and better and expanded to three days for its third year is Now That's A Festival at Dagenham's Central Park on August 24-26.

And for the first time this year the organisers of that event are staging the two-day Springfest at the Springhouse Club Sports Field in Corringham on September 1-2.

Both, it has to be said, offer terrific value for money considering the notable names appearing on the bill

"The original festival was a 90s, cheesy kind of pop festival reliving 90s music," explained Now That's a Festival digital and marketing manager Alex Moore, "but over the last few years we've added extra days as it's grown in popularity."

As a result this year's event features three full days, each with its own distinctive feel.

Friday's emphasis is on garage and house with Artful Dodger, Shola Ama, General Levy, DJ Luck & MC Neat and Kele le Roc among those on stage.

Saturday is 90s pop day when the headliner is Westlife's Shane Filan, with Vengaboys, 5ive, East 17, A1 and former Sugarbabe Mutya Buena also performing.

And on Sunday it's the turn of Dru Hill featuring Sisqo, Blackstreet, Fatman Scoop, The Honeyz and plenty more as the focus shifts to R'n'B.

"The festival is something people are looking forward to

months in advance," said Alex. "We've got a big social media presence and when we ran a competition to win backstage passes, it just went mad."

"Blue and Peter Andre have played in past, so we've always had artists that people know. Shane Filan will do some Westlife songs so there will be plenty of people singing along to them."

"The Sunday night is a new one for us this year as we're getting a lot of big American R'n'B acts. It's a first for Essex, getting so many artists like this together."

The popularity of festivals has rocketed in the past few years and it's expected that around 15-20,000 people will attend over the three days.

"It's not just the music, it's the festival vibe," said Alex. "The food, the drink, meeting up with friends – the whole experience. That's what has grown massively."

Springfest meanwhile will be

more of a family festival.

Day one is headlined by reggae stars Aswad, famous for their No 1 hit Don't Turn Around, with The Dualers also among those on the bill.

Top acts on the second day are Eurovision winners The Fizz (they'd still be called Bucks Fizz if the only member not in the current line-up hadn't claimed the name), soul singer Kenny Thomas and 70s hitmakers The Real Thing.

"It's a brand-new, family fun festival," explained Alex. "It's about families going out and enjoying themselves."

"There will also be lots of local acts playing during the day and it's very much about communities and families. There's going to be a fairground, face painting and a bouncy castle too."

■ For more details and to buy tickets, visit nowthatsafestival.co.uk and www.sfest.net

LIVE MUSIC



■ **Asylums, Chinnery's, Southend, Friday, July 6** Local heroes Asylums return to the fray with the release of their second album, *Alien Human Emotions* and launch it at a special acoustic set at South Records in Southend at 1pm followed by a full band gig at Chinnery's on the seafloor in the evening. Expect a sweaty, fun-packed night.

■ **Reef extra date** The Brit rockers have added a second night at Chinnery's after the first one sold out in a matter of days. The Brit rocker will also play there on Wednesday, November 21. Details at www.chinnerys.co.uk

■ **Carl Stone & Phil Mill, Colchester Arts Centre, Monday, July 9** Electronic composer and live computer music pioneer Carl Stone mashes together high and low culture in thrilling and surprise sonic landscapes. Support comes from Colchester sound artist Phil Mill whose work comprises Multichannel Sound, improvisation, field recordings and experimentation.

DOWN THE PUB



BEGGAR are at the Burnham-on-Crouch Beer Festival at the Constitutional Club this Saturday, from 7.30pm.

Gigs for July 6-8

■ **Star & Garter, Moulsham Street, Chelmsford:** Friday - Strongbox

■ **Horse & Groom, Braintree:** Friday - Anything Else

■ **Waggon at Wix:** Saturday - Colourblind Hedgehogs

■ **Railway Hotel, Clifftown Road, Southend:**

Friday (8pm) -; Saturday -; Sunday (afternoon) - Mo' Fingers; (evening) - Dr Zero & The Hotheads

■ **Boars Head, Braintree:** Friday - Stiff in the Morning; Saturday - Rob Jones & Gary Wilson

■ **Benfleet Tavern, Benfleet:** Saturday - Half Stoned

■ **Cow & Telescope, Southend:** Friday - Electrum;

Saturday - Scooby

■ **Smugglers Den, Hullbridge:** Saturday - AOB

■ **The Swan, Wickford:** Saturday - Fast on the Draw

■ **United Brethren, New Writtle Street, Chelmsford:** Saturday - Jamie Williams Collective

FOOD & DRINK



MAKE 'EM STEW

INGREDIENTS:

For the stew: 1kg skinless boneless chicken thighs, diced; 1tsp ground turmeric; 4tbsp olive oil, plus a little extra; 3 cloves of garlic, chopped; 1 small onion, finely diced; 1tsp salt; 2tsp ground cumin; 1tsp chilli flakes; 1 large grapefruit, juice (about 150ml) and zest; 500ml hot water; 2tbsp cornflour mixed with 2tbsp water; a large handful of fresh flat-leaf parsley, finely chopped

For the couscous: 400g couscous; 1tsp salt; 2tbsp unsalted butter (30g); 550ml boiling water

METHOD:

1. Put the chicken into a bowl, add half a teaspoon of turmeric and mix until all the chicken is covered. Place a large saucepan on the hob on a medium to high heat and add the oil. Fry the chicken in batches, until cooked and brown around the edges. Put back into the bowl and set aside.
2. Add a little extra oil, about a tablespoon, to the pan. Add the garlic,

onion and salt and cook until the onion is soft – 10–15 minutes.
3. Add the cumin, chilli flakes and the other half a teaspoon of turmeric and cook for a few minutes.
4. Add the grapefruit juice and zest, along with the browned chicken. Mix through, then add the hot water.
5. Stir in the cornflour/water mixture, cover the pan with a lid and cook for 30 minutes.
6. Meanwhile, put the couscous into a bowl and stir in the salt. Put the butter on top. Pour in boiling water until it reaches about 1cm above the couscous. Cover, then set aside so that the couscous can soak up the water.
7. When the chicken stew is cooked, take it off the heat and add the parsley. Serve the stew with the couscous.

GRAPEFRUIT CHICKEN STEW WITH COUSCOUS (SERVES 6)

Nadiya's breaking all the rules now

Bake Off winner Nadiya Hussain is putting her own twist on traditional recipes. She tells **ELLA WALKER** that food is meant to be fun

NADIYA HUSSAIN is a total rule-breaker these days. "I'm a part of two very different worlds – I'm British and I'm Bangladeshi," the 33-year-old explains, "and because I'm part of these two amazing worlds, I have no rules and no restrictions."

Hence why, three years on from winning Great British Bake Off, the Luton-born home cook is back with a new cookbook and accompanying BBC series, Nadiya's Family Favourites, in which she comprehensively "demolishes" the pork pie.

In fact, she's entirely reimagined the classic picnic snack, and gone and stuffed a hot water crust pastry case with a samosa filling.

"I've taken the pork out and put the samosa in," she says, giddy on her own culinary power. "I have no rules, and because I have no respect whatsoever for tradition, I can do whatever I want, and that's why I feel so lucky."

This recipe collection also sees her flip a baked cheesecake upside down, make a single éclair into a colossal cakey-roll, invent a fish finger lasagne (really!), swap the prawn in prawn toast for chicken, and

'spike' a dish of macaroni cheese with piccalilli – the woman's a maverick.

However, her approach to clashing and mixing flavours and food-based institutions has triggered some tutting and huffing. She attracted criticism from the "Cornish pasty police" after she made some packed with lamb, apple and peas.

"I got a massive telling off," she says, with an equally massive grin. "What's wrong with changing things around and making them taste different?"

"There's nothing wrong with that. I'm not saying it's the original, I'm just saying it's a different version of it, and I think people are just scared that it might be better than the original."

Food, Nadiya says, is meant to be fun and experimented with.

"It's an expression of love. Why not mess about with it? It's fun and it's exciting; food is meant to bring joy and happiness – and bring families together."

She might be all about breaking rules in the kitchen, but she does have rules when it comes to sitting down to dinner.

"There's one rule in our house and it is: 'This is not a restaurant, you will eat what you're given'."



Nadiya Hussain, above, and her new book, below left

"That's it, so if you don't eat what you're given, then you go to bed hungry, it's as simple as that."

It's tough love, but Nadiya doesn't feel guilty if her trio of kids – Musa, Dawud and Maryan – refuse to eat what's available.

"I feel a bit bad that they didn't eat, but they've learnt through time that I am not messing around."

Luckily, she and husband Abdal have managed to produce children that aren't fussy-eaters, so much so that the week before we chat, she had all three begging her to dole out fragrant bowls of fish head curry.

"They were all over it like, 'Mummy! Please can we have that right now?' I was like, 'No, that's tomorrow's dinner, I've just cooked it early, you've got to have this instead, and they're like, 'No, no, no, please, please, please can we have it?' They just love fish head curry – and tripe!"

Tripe is not fashionable. Tripe is white, blubbery, cow stomach. Tripe cannot compete with the

likes of fish fingers and pizza when it comes to child-friendly food – right?

"They love tripe!" Nadiya promises. "Cook it down slowly for six hours, get it really soft – I cook it with a bit of vanilla just to get rid of some of the smells, some vegetables, then I take it out, pat it dry, cover it in flour and egg, then I crisp it up and slice it." She serves it in a curry sauce with rice, and convincingly makes tripe sound delicious.

Plus, it's "cheap as chips" and when it comes to costs, as well as health, Nadiya is ever aware.

"Everything in moderation... I can cook all the food that I cook, but we have balance and that's really important," she says.

"I shouldn't feel guilty for cooking the things that I love, or that my family love. We eat, we enjoy it, we have balance – why not?"

■ **Nadiya's Family Favourites** by Nadiya Hussain, photography by Chris Terry, is published by Michael Joseph, priced £20.

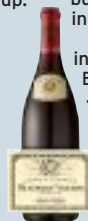
THE expression "oooh, its summer in a glass" can be over-used but I'll drop it here, right now, because I can.

I'm feeling quite smug because I shared some summer drinking ideas with friends and (for your benefit) we did a bit of "proper tasting" with a few wines.

There's nothing better than introducing people to new wine, then watch their faces light up.

"Oooh it's summer in a glass" said one pal as she sipped **Louis Jadot Beaujolais Villages 2016** (RRP: £11.70, Tesco, Wine Rack, 12.5% abv).

Beaujolais red wines are made in a way which keeps the fruit notes, from the gamay grape, youthful and fruity with strawberries,



RAISE A GLASS

WITH JANE CLARE



raspberries and red fruit.

My pals loved this wine's tumbling red fruits, fresh and jammy, unctuous, rich with fruit but light in sensation. It is indeed, summer in a glass.

There are tiers of importance in the Beaujolais appellation and Beaujolais Villages (our Louis Jadot bottle) is the second level, above the basic Beaujolais AC. The third tier is the Beaujolais Crus – the class acts – which are 10 villages with their own distinctive tastes.

Look out for Fleurie, one of the lightest in style, which is my favourite. We tried **Fleurie from Marks & Spencer (£11.50, 13% abv)** – ripe and fruity with a lightness of touch – but agreed the Jadot had the edge in the "that's nice" satisfaction factor.

Over to a couple of whites which we enjoyed on our little tasting night.

Esik Valley Verdelho 2017 (RRP £13.75, thewinereserve.co.uk, 14% abv) is a traditional Portuguese variety given a New Zealand twist by grapes grown in the Gimblett's Gravel region of Hawkes Bay. It has tropical aromas of mandarins and peaches and a peep of lemon. To taste, all those



fruits appear again, with a zesty finish and a slight dash of spice (from somewhere).

Finally, we popped over to South Africa in our summer sipping safari and **Creation Wines Vioigner 2017 (£14.50, winetrust100.co.uk, 14.5% abv)**. Ah, this is creme fraiche with an excitement of peaches and apricot. The stone fruit aromas are so enticing; fresh, fresh, fresh. There's a frisson of spice – perhaps a dash of five-spice – which tickles the senses. The palate is inviting, as those same fresh fruits add more layers to your enjoyment.

■ **Also in my glass...** I made the very summery Pink Limonata with the new **Malfy Gin Rosa (£27.95, 31dover.com)**. Well, when I say I made it, I asked my

friend to do it because she's not as clumsy as me. The Italian gin is produced just outside Turin and is distilled with the peel of Sicilian pink grapefruits, Italian juniper, rhubarb, and four other botanicals. My friend is just discovering gins and she loved its fresh citrus bite.

Back to the limonata which is two parts Malfy Gin Rosa, one part limoncello, topped up with three parts soda; except we went a bit sideways and preferred tonic water. Add a finishing flourish with a wedge of lime and a raspberry. Very, very tasty.

■ Jane is a member of the Circle of Wine Writers. Find her on social media and online at One Foot in the Grapes.



INGREDIENTS:

1 butternut squash (1.5kg, prepared weight 900g); 5tbsp olive oil; 2 cloves of garlic, crushed; 2.5cm of fresh ginger, peeled and chopped; 1tsp salt; 1tsp chipotle chilli flakes; 1ltr vegetable stock; 100g orzo pasta
To serve: 50g watercress, finely chopped (plus extra, unchopped, for the top); 1 lime, zest only; balsamic vinegar, to drizzle

METHOD:

1. Prepare the squash by cutting off the top and base, so you have a stable surface at either end. Cut into four equal pieces and peel away the outer skin. Remove the seeds and chop the flesh into 2.5cm pieces.
2. Put the chopped butternut squash into a microwave-safe bowl and cover the top with cling film, making sure to secure the edges.
3. Microwave the squash on high for 10 minutes. This could take a few minutes longer or a few minutes less, depending on the strength of your microwave. I would check on it at eight minutes and then keep going in one



minute bursts. You will know the squash is ready if, when you press it, it gives way easily. Remove the cling film and set the squash aside. This step will save lots of time.
4. Put the oil in a large saucepan on a medium heat. When it's hot, add the garlic and ginger and cook for just a few minutes, until the garlic is golden.

SOUP-ER STUFF

**BUTTERNUT PASTA SOUP
WITH WATERCRESS
(SERVES 4)**

5. Add the cooked squash to the pan and stir to coat it with the garlic and ginger. Season with salt and add the chilli flakes. Pour in the vegetable stock and cook on a medium heat for about 20 minutes.
6. Take the pan off the heat and blend the mixture to a smooth soup, using a stick blender.
7. Now put the mixture back into the pan, add the orzo, and cook for about 10 minutes on a medium to low heat, until the pasta has cooked.
8. Take off the heat. Serve in bowls, with the watercress, lime zest and a drizzle of balsamic vinegar.

INGREDIENTS:

For the choux pastry: 200ml water; 85g unsalted butter, plus extra for greasing; 1tbsp caster sugar; a pinch of salt; 115g plain flour, sifted; 3 medium eggs, beaten
For the filling: 300ml whipping cream; 2tbsp icing sugar; 1tsp vanilla bean paste; 4tbsp salted caramel;
For the ganache: 200g dark chocolate; 100ml double cream; 100g milk chocolate, shaved

METHOD:

1. Preheat the oven to 200°C/180°C fan/gas mark 6. Lightly grease a baking tray and line it with baking paper.
2. To make the pastry, put the water, butter, sugar and salt into a pan on a medium to high heat. Just barely bring to the boil, so the sugar and butter dissolve, then turn the heat down and drop the flour in in one go. Stir straight away and keep going, to avoid lumps. The mixture should look smooth and come away from the sides of the pan as you mix it.

THAT'S HOW I ROLL

**ECLAIR ROLL
(SERVES 4-6)**

3. Take off the heat. Add the eggs a little at a time, mixing after each addition. It will look like it is separating, but keep mixing – it will come together. Keep going until the eggs are used up and the dough is smooth.
4. Pour the mixture into the centre of the tray. Using an offset spatula or the back of a spoon, spread the mixture to a rectangle



shape, roughly 20x30cm. Wet your fingers and pat down any peaks then cook in the oven for 30 minutes.

5. Have a clean tea towel ready, then take the roll out of the oven and turn it out onto it. Roll up the pastry from the shorter end, using the tea towel to help – being sure to roll up the tea towel inside the pastry too. Leave for 20mins to cool.
6. For the filling, whip cream to soft peaks with the icing sugar and vanilla bean paste.
7. For the ganache, chop the dark chocolate and put it into a bowl. Warm the cream to soft peaks with the icing sugar and vanilla bean paste.
8. Unroll the pastry and spread the cream all over. Drizzle over the salted caramel. Re-roll the pastry, starting from the shorter end as before (this time don't wrap up the tea towel – tea towels are not tasty).
9. Put the roll on a serving plate and spread the ganache on top. Sprinkle shavings of milk chocolate over and leave in the fridge when you are not eating it. If it makes it to the fridge at all, that is!

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HEALTH & LIFESTYLE

IS FOR... ACCIDENTS

SHOCKINGLY, 3,760 British people died abroad in 2014 and 2015 – with the highest number occurring in Spain. “Accidents happen regularly on the road, in the water and on hotel balconies, so stay safety conscious,” says Dr Richard Dawood, specialist in travel medicine (fleetstreetclinic.com).

■ **... Aloe vera:** “Handy in case you catch too much sun,” says Dr Andrew Thornber, chief medical officer at Now Patient (nowpatient.com).

“It’s packed with vitamins, minerals and natural ingredients to help repair skin.”

IS FOR... BARBECUES

ALMOST all of us make risky hygiene mistakes with the barbie, according to a survey by The Food Standards Agency. Make sure meat is cooked through, and use separate tongs for raw and cooked meats.



The barbecue can be a hygiene risk

IS FOR... CRUISES

LISTEN carefully to the onboard safety drill (you don’t want to be re-enacting panicky scenes from Titanic in an emergency!).

Ashley Kosciolk, editor of Cruise Critic, says: “The number one way to avoid getting norovirus or other illnesses is to thoroughly wash your hands before you eat, after you use the restroom and after touching railings or slot machines.”

■ **... Cystitis:** Sitting around in a wet swimsuit increases your chances of getting cystitis, warns Dr Malwina Naghibi, medical adviser at Protexin Healthcare.

“To protect yourself, drink two litres of water each day to help flush out any harmful bacteria regularly.”

IS FOR... DEEP VEIN THROMBOSIS

“DVT is a risk on all flights,” warns Professor Mark Whiteley from The Whiteley Clinic. “Concentrated blood, caused by dehydration, coupled with prolonged inactivity will heighten the risk.”

“Moving the legs and walking up and down the aisle will help pump blood up the veins, which reduces the risk.”

■ **... Detox (from technology):** “Wean yourself off tech gadgets,” advises Fabio Passalacqua, director at Hotelscan.com. “Forget Facebook and live in the moment.”

■ **... Driving safely abroad:** Check local rules and regulations before you travel. For instance, it may be compulsory to have your licence with you or display a GB sticker. Check with the AA or RAC.

IS FOR... EHIC

VALID European Health Insurance Cards give you state-run medical treatment in EU countries (and a few others) for the same price as a local. But, according to MoneySavingExpert.com, more than half of people in the UK don’t have one. They last five years and are free of charge from the official government EHIC website.

IS FOR... FITNESS

PACK your trainers to offset holiday eating with exercise.

Go sightseeing on foot or by bike, suggests Paul Joseph, co-founder of Health and Fitness Travel (healthandfitnesstravel.com).

IS FOR... GUT FEELINGS

“BEWARE the salads in hotels, which will have been washed with tap water,” says Tom Bourlet, of travel blog spaghetti traveller.com. “And say no to ice unless you make your own from bottled water.”

Studies show that live bacteria supplements, such as Bio-Kult Multi-Strain formula (£9.25, bio-kult.com), can prevent and manage travellers’ diarrhoea.

IS FOR... HAND SANITISER

PERFECT for keeping your hands clean and germs at bay when you’re on the go, says Dr Thornber.

■ **... Hydration:** Hot, sunny days – typically coupled with a bit too much booze – are a straight road to dehydration. “My little trick is to have a sports drink as these are pumped full of the 72 trace minerals we tend to deplete when sweating profusely,” says Tom.

IS FOR... ILLNESS

SITTING within a row or two seats of a sick passenger on an aircraft means you have an 80% chance of picking up an infection, a recent study found. Echinaforce Drops (£9.75, 50ml, avogel.co.uk, Boots and Holland & Barrett) will aid immunity.

IS FOR... JET LAG

“IT TAKES about one day to recover for each time zone you cross, so it can take up to a week to get back to normal after a flight from New York to London,” explains Dr Neil Stanley, Independent Sleep Expert.

“To help combat the effects, drink water, not alcohol on the flight, try to eat at the correct local time, even while on the aircraft, and avoid driving straight away.”

“If it’s daytime, go for a walk to get some sunshine and fresh air, then try to stay awake until dark.”

■ **... Jabs:** Visit the NHS advice website, fitfortravel.nhs.uk/home.aspx well before you’re due to travel.

IS FOR... KIT (FIRST AID)

THE last thing you want to do on holiday is have to go hunting for a pharmacy – and pay extortionate prices. Pack painkillers, plasters, small dressings, anti-diarrhoea tablets, antihistamine cream and antiseptic, advises LloydsPharmacy pharmacist Kate Taylor.

IS FOR... LYME DISEASE

THIS bacterial infection spreads to humans by infected ticks (tiny spider-like creatures found in woodland and heath areas). Stick to footpaths, avoid long grass and wear long sleeves and trousers.

IS FOR... MIDGES AND MOZZIES

PACK an insect repellent. If

MICHELE O’CONNOR offers an alphabetical guide to preventing – and dealing with – those holiday hazards

Your A-Z guide to staying safe on holiday



you’re sensitive to the usual products then A. Vogel Neem Insect Repellent (£5.89, 50ml, avogel.co.uk) contains Neem seed oil rather than DEET.

IS FOR... NEEDLES

MANY young holidaymakers are swayed by the novelty of getting a tattoo or a piercing abroad. But poor hygiene practices in some countries can spread blood-borne diseases, such as hepatitis C, warn experts.

IS FOR... OTITIS EXTERNA - OR SWIMMER'S EAR

THIS is a common infection caused by trapped water providing a breeding ground for bacteria. wear earplugs or a cap that covers the ears, and thoroughly dry your ears after swimming to avoid it.

IS FOR... PRICKLY HEAT

THIS sweat rash causes an irritating prickly feeling. Treat it with cool showers and calamine lotion, and stay out of the sun.

■ **... Prescriptions:** Don’t forget to bring all you need – plus extra just in case.

IS FOR... QUEASINESS

CHOOSE your seat carefully if you suffer from travel sickness, advises Dr Dawn Harper, author of Dr Dawn’s Health Check (£14.99, Mitchell Beazley). “If you’re flying, book a window seat near the wings of the plane. If travelling by ship, sit in the middle, facing the direction of travel. In a car, opt for the front or the middle back seat. Then watch the horizon and don’t read.”

If you feel sick, chew ginger sweets, have ginger ale or try acupressure bands, says Ashley Kosciolk.

IS FOR... RABIES

ALTHOUGH rare, travellers

returning from Turkey in recent years have required anti-rabies treatment.

“Wherever you are abroad, never try to stroke or pet any animal – particularly strays,” warns Howard Carter, bite prevention expert.

IS FOR... SUN SAFETY

THINK sunscreen, sun hat, sunglasses, shoulders and shade.

■ **...Sunburn:** Surveys show that Brits continue to get scorched in the summer – at home as well as abroad.

“Most sunburn isn’t serious, but if there are blisters or the skin damage covers an area larger than your hand, see a doctor,” advises Isobel Kearn, national training officer for St John Ambulance.

IS FOR... TRAVEL INSURANCE

“MAKE sure your travel insurance policy covers all holiday activities – if you plan to go horse riding or bungee jumping, for example,” says Jo Brine, partner and head of JMW’s Accident and Illness Abroad. “And declare any pre-existing health issues to your insurer.”

IS FOR... UV RAYS

PROTECT yourself from skin ageing and burning by applying sunscreen indoors – in hot sun it can evaporate from the skin’s surface before it has a chance to bond, and therefore becomes less effective. Consider a once-a-day product and apply it twice – morning and afternoon. Ultrasun Family SPF30 (£19, 100ml, lookfantastic.com) is non-greasy and hypoallergenic, so great for sensitive skin.

IS FOR... VALSALVA

TURKISH Airlines’ resident

health expert Dr Oz recommends the Valsalva manoeuvre for relieving ear pain while flying. It is performed by moderately forceful attempted exhalation against a closed airway – usually done by closing your mouth and pinching your nose shut while pressing out as if blowing up a balloon.

IS FOR... WATER

MORE UK children die in pools while on holiday abroad than in pools in the UK, according to the Royal Life Saving Society UK (rlss.org.uk). Many holidaymakers don’t realise how much more challenging swimming in open water can be, even for strong swimmers.

Never swim if a red flag is showing, don’t jump into the water from extreme heights or swim after drinking alcohol. Never leave children unattended near or in water.

IS FOR... X-RATED

ACCORDING to a recent study published in the BMJ, an increasingly high number of Brits are having sex with strangers when they go abroad. British people (along with Swedes) are the most likely in Europe not to use condoms on holiday.

Protect yourself against STIs and HIV by practising safe sex.

IS FOR... YOLO

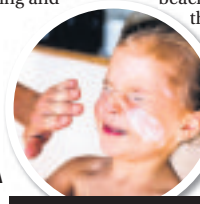
WHETHER it’s cricket on the beach with the kids or snorkelling in the sea, join in and give it a go... you only live once!

IS FOR... ZZZZZ

TAKE a decent eye mask – research shows that even the smallest amount of light can disrupt sleep. Earplugs will help block out late-night revellers and hotel corridor traffic.



Take a first aid kit with you



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PUZZLE TIME

Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Illustrators

R N D T O V A N E I M A N D R
A O B S G E J S C N G C I N S
Y M R I G H T S U R E K S S E
A H R Y N O N O R B L A H S S U
R G E B R O A N E F F R K E K
E R G O R W S C H T A R A T A
A S M A E N L E X T Q B L E G
V E R U S E A K A E U N E E R
A J I C E N D A P N T I N S H
N R E O P X I U Y K L O A Y I
P I T T I C R L B R E C W A R
N E S K R C T A E O K E T E L
K O W I E A R E L L B E T Y H
R E H A N A L D R S A B S E U
G B L T E J E D I I R H C H G

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

H	M	E	W	M	J	L	A	O
A	O		I	A		F	D	
N	I	O	G	B	S	H	E	T
O	E		O	H		E	P	
L	R	A	T	N	I	T	N	

Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

3		6		5				1
4			9	6	8			2
	5	8	1			6		
7	2			9				
			3	8	4			5
	4				1		6	3
9					7	5	8	
	6			3	5			9
	8			2			3	4

Hard

3		1	2					
	6				7			
2			3	8		9		
8	1		4					
		2				6		
					2		7	8
			6		7	9		5
			6				8	
				4	7			1

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

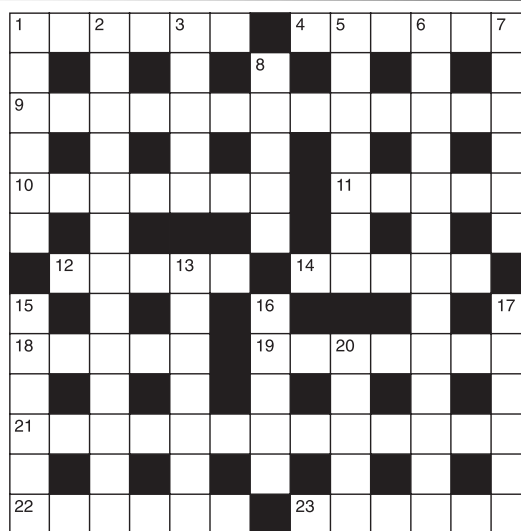
Cryptic

Across

- Come to a hill (6)
- Bather in difficulties may get out of it (6)
- We don't know what to make of these unusual stage entrances (5,6-2)
- Foolishly altering any line that's not straight (7)
- Greek for a pigeon (5)
- A self-made counterfeiter may be so described (5)
- Break an expert (5)
- Money is a bait that takes many in (5)
- Possibly claimed a point (7)
- Reverse the charge? (7-6)
- Saying when? (6)
- Ghastly colours? (6)

Down

- Discharge an account and leave (6)
- Start relating what a would-be saver should do (4,2,7)
- Patient caretaker (5)
- The U.S. stock market may depend on him (7)
- Take the lead for granted? (6,7)
- Empty article from a country (6)
- Sea-creature in a game of monopoly, perhaps! (5)
- Make less sharp (7)
- Serene number in tartan (6)
- It's an opening, we hear, for worship (5)
- Presumably anchors are lucky to have them! (6)
- Type of song not to miss? (5)



Scribble pad

Quick

Across

- Quantity (6)
- Inhalation (6)
- Strange happenings (5,6-2)
- Stupidly (7)
- Greek poet (5)
- Untruthful (5)
- Break (5)
- Wealth (5)
- Of powers of ten (7)
- Return assault (7-6)
- Establishing the age of (6)
- Hues (6)

Down

- Release (6)
- Start banking relationship (4,2,7)
- Tend (5)
- US farmer (7)
- Take control (6,7)
- Starving (6)
- Invertebrate (5)
- Mollify (7)
- Calm (6)
- Love (5)
- Strokes of luck (6)
- Seize (5)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

6		17		12			14		7					
19	15	25	10		2	19	8	10	12	22			23	
	23		25	7	17				11		12	15	1	
	23		16		15	25	6	23					2	
1	15	26	10	17		10							24	
	12			18	10	22	15	25	7	15	22	10		
	18			15		22		7				21		
6	10	15	11	3	13	7	25	10				18		
7						11		23	12	15	11	22		
20		16		9	15	5	23		25			12		
10	16	10		10			22	10	15			2		
18		22	2	18	4	21	10		23	3	15	26		
		2		2			3		1			22		

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
	O											
14	15	16	17	18	19	20	21	22	23	24	25	26
							T					

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

6 words - average; 9 words - good; 12 words - very good; 15 or more - excellent.

A	I	B
A	E	V
A	L	L

Quiz

- In which 1994 crime film did John Travolta play contract killer Vincent Vega?
- Who wrote the detective novels Murder on the Orient Express and Death on the Nile?
- What name is given to a shrub or tree trained to grow flat against a wall or trellis?
- Which actor starred in the films All the President's Men and Out of Africa?
- What sort of creature is a red admiral?



Q1 - John Travolta

- In which Dutch city did the diarist Anne Frank live in an annexe?
- Which light gas is predominantly used for inflating airships and balloons?
- In what year did Elizabeth II become Queen?
- Which French port was the scene of a major evacuation of allied troops after the fall of France in 1940?
- What name is given to an area of a desert where water is available?

LAST WEEK'S SOLUTIONS

Pathfinder

Somerset, Northamptonshire, Armagh, Tyne and Wear, Londonderry, Cornwall, Caithness, Lincolnshire, Dorset, Mid Glamorgan, Surrey, East Sussex, Oxfordshire, Rutland, Greater London, Norfolk, Midlothian, Argyll, Worcestershire, Antrim, Suffolk, West Midlands, Gwynedd, Merseyside.

Quiz

- Tag; 2. Vikings; 3. Felixstowe; 4. Edinburgh; 5. Blenheim Palace; 6. Nicaragua; 7. Thoroughbreds; 8. Antarctica; 9. Ermine; 10. Roald Amundsen.

Two-Speed Crossword

Across: 1 Desirability; 7 Bantu; 8 Amuse; 9 Ill; 10 Publisher; 11 Inward; 12 Rising; 15 Earnestly; 17 Par; 18 Libra; 19 Reply; 21 Stone dresser. Down: 1 Dispiritedly; 2 Run; 3 Blurbs; 4 Liability; 5 Truth; 6 Refrigerator; 7 Below; 10 Porcelain; 13 Imply; 14 Stared; 16 Robot; 20 Pie.

Wordsquare

REGISTRAR

Sudoku

3	2	8	4	6	9	1	5	7
1	4	9	3	5	7	8	6	2
5	6	7	1	2	8	4	3	9
6	9	5	7	1	2	3	4	8
7	3	4	8	9	5	6	2	1
2	8	1	6	3	4	7	9	5
8	7	2	5	4	6	9	1	3
9	1	6	2	7	3	5	8	4
4	5	3	9	8	1	2	7	6

2	9	1	4	6	5	3	7	8
5	4	8	7	9	3	1	6	2
7	3	6	2	8	1	9	5	4
8	7	2	1	4	9	5	3	6
4	5	3	6	7	8	2	9	1
6	1	9	5	3	2	4	8	7
3	8	4	9	2	6	7	1	5
1	6	7	3	5	4	8	2	9
9	2	5	8	1	7	6	4	3

Split Decision

F	R	E	S	H
R		A		O
O	T	T	E	R
S		E		N
T	O	N	E	S

Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13
L	E	B	P	F	R	A	M	O	V	K	J	G
14	15	16	17	18	19	20	21	22	23	24	25	26
C	N	W	Z	D	X	S	H	I	U	Q	T	Y

THURSDAY, JULY 5, 2018

ESSEXLIVE.NEWS/PROPERTY

PROPERTY & LIVING



NEW BALLS PLEASE
If the World Cup and Wimbledon are making your summer super, look what they can do to your home.

PAGES 42&43

This unique three-bed detached property new to the market **PAGES 2&3**

IN THE HEART OF HARLOW



GEOFFREY MATTHEW ESTATES LTD

HOT HOUSE



FAMILY HOME CLOSE TO TOWN CENTRE



This detached three bedroom house has just come onto the market and is set in a great location

This unique three-bed detached property has just come onto the market. Situated in the heart of Harlow, the house on Hare Street Springs would make a perfect family home. The house, on the market with Geoffrey Matthew Estates, offers a lounge, separate dining room, kitchen, conservatory and garage.

The master bedroom, which overlooks the front of the property, is sizeable and has fitted wardrobes to maximise the space.

Moving downstairs into the lounge and you will see a feature gas fireplace and a connecting door into a dining room, complete with built-in storage.

The kitchen comes fitted with a range of base

and wall units and connects to the newer conservatory.

But perhaps the property's biggest selling point is its two rear gardens - great for your kids to let off some steam.

Steps from the conservatory will take you outside to the first rear garden, which has a raised paved seating area at the far end.

The second garden is mainly laid to lawn with mature shrub borders and a shed and greenhouse, which will remain with the new owners.

With Hare Street Community Primary School and Nursery just around the corner, and at least 20 other schools within two miles, this is an ideal home to bring up a young family.

It is also suited to commuters, with Harlow Town station less than a mile away.

The asking price is £425,000. For more details call 01279 949061.

SELLING POINTS

Number of bedrooms... Three
Garden... Two gardens, one with a paved seating area and the second laid to lawn
USP... Detached family home within walking distance of Harlow town centre
Price... £425,000



YOUR HOME

SPORTING A NEW LOOK

Raise your game in the style stakes with some sporty decor, writes **GABRIELLE FAGAN**

With the World Cup and Wimbledon in full swing, now is the perfect time to get the ball rolling at home with some sport-inspired style.

If you're football or tennis-obsessed then it'll ramp up the atmosphere, and by choosing design-class furnishings and smart kit, you'll ensure you're promoted to the premier league – not relegated to the bad taste team!

Kick off with wall murals inspired by soccer pitches, chairs shaped like footballs or tennis balls, and then complement with playful accessories, from football lights to tennis racket salad servers.

There's everything to play for – so up your game, and simply decide whether you want to go full-throttle or just warm-up with a nod to the look...

PITCH A PERFECT SCHEME

If you're a big kid at heart and passionate about the beautiful game, there's a stadium full of fab footie furnishings to play with.

Score an immediate hit with a pitch mural and, if you can afford it, a super chic Lento Hattrick Football Lounge Chair, £2,900, and Footstool, £1,200, Do Shop – but that's a treat buy, strictly for grown-ups.

SERVE AN ACE AT HOME

Court the look with tennis-themed furniture – if you're feeling 'ballsy'!

It'll certainly be game, set and match at

Hattrick football lounge chair, £2,900 and footstool, £1,200, Lento, Do Shop (do-shop.com)



home with a fresh fluorescent yellow and white decor scheme – perfect colour partners and evocative of the famous courts of Wimbledon – and a few tennis-inspired accessories.

PLAY THE FIELD

Play the game at home by taking to the great outdoors – your garden – and making it a space for enjoying sport (or getting away from it).

If you're spectating, do it in comfort in squidgy chairs, and make sure there's a table for drinks or an al fresco meal – or just a bowl of popcorn and create your own outdoor cinema.

Conjure your own park-style big screen by hanging up a sheet – don't forget to weight it so it doesn't flutter in the wind – and then use a projector. Alternatively, a Celaxon Inflatable Outdoor Screen, £299.99, ProjectorShop24, will do the job.

Don't be an armchair enthusiast. Get in on the action with lawn sports, from

badminton to croquet – they'll keep everybody amused during half-time!



Celaxon inflatable outdoor screen INF200, £299.99, projectorshop24.co.uk



Football field green rug, was £35.99, now £30.99, Wayfair (wayfair.co.uk)

*Prices correct at time of going to print. Offers available while stocks last

3D Light FX plastic soccer ball light, from £39.88, Amazon.co.uk



Footballer mini gnome, £6, George Home (direct.asda.com/George/Home)



Footie pitch ceiling light, with four bulbs, currently reduced from £98.90 to £87.90, Lights.co.uk



Football cushion, £7, George Home

Football Champ single duvet set, red, Snurk, £49, Amara (amara.com)



A Perfect Scheme: Football pitch wall mural, from £30 per square metre, Wallsauce (wallsauce.com)



Sunnylife watermelon beach bats, £23; Sunnylife backgammon set, orange and pink, £125; SunnyLife croquet catalina, £50, John Lewis (johnlewis.com)



House by John Lewis Salsa 50cm table, Lapis, £79 (available in a range of colours)



Acrila Cali chair grass, Jean Christophe Bernard, Indoor/Outdoor chair, £699, The Longest Stay (thelongeststay.com)



Ambleside artificial grass, £24.99 per square metre; Salvadore outdoor green rug, green or taupe, from £14.99, both Carpetright (carpetright.co.uk)



House by John Lewis, nesting bamboo bowls assorted, set of three, £20

Volley tennis ball lounge chair, £2,600, by designer Paolo Lillus, Lento, Do Shop



Wimbledon Men's 2018 Championship towel (can be personalised) £30, Wimbledon Shop (shop.wimbledon.com)

Tennis salad servers, currently reduced to £6.72 from £12, Debenhams (debenhams.com)



Tonja padded wire armchair in brass and green, £350, Out There Interiors (outthereinteriors.com)



London Transport scatter cushion, We Love Cushions, £34.99, Wayfair



Strawberry garden ornament, £39.99, The Garden Furniture Centre (gardenfurniturecentre.co.uk)



WE DON'T JUST HELP YOU FIND A NEW HOUSE.

We help you
find a new
way of life

Our site offers so much more than just house searches. Discover even more property and lifestyle to inspire.
essexlive.news/property



Even more property and lifestyle news to inspire you. Don't miss Property & Living out every Thursday.

YOUR LOCAL PROPERTY EXPERTS

HarlowStar

SHOP HOME



Copper placemats
(set of 2), £40,
audenza.com



Left:
Oval oak
wine carafe
£28, trouva
.com

Above:
Handmade silver-plated tray,
£139, arthurprice.com



Ferm Living ripple glasses
£36, Nest.co.uk



Left: Copper serving
spoon, £4.99
HomeSense

Below: Nessie
ladle, £12.19,
animicausa.com



Radiance gold cup and
saucer, £2.50, Wilko

Below:
Collection Purity
12-piece
dinner set.
£27.99,
Argos



...HEAVENLY
SCENTS



SCANDI SCENT
Scandinavian Ro
scented candles and
Diffusers, £25,
printerandtailor.com



REED AND RIGHT
Black Lily Reed Diffuser,
by True Grace, £48
frenchbedroom
company.co.uk



LOUD LA LA
Sandalwood, Oud &
Cardamon diffuser, £28,
Candle, £25
saramiller.london



CITRUS BURST
Diffuser orange, £27.95
julieclarkecandles.com

Time to up your service game

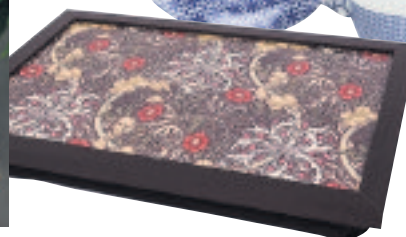
Forget that famous Rosewater Dish, this collection of tasteful tableware and ace accessories will help make you a smash hit if friends pop by to watch Wimbledon, says **DAN BEAVAN**



LSA Bar Punch Bowl (comes
with four glass mugs), £85,
black-by-design.co.uk



Left:
Cork set
square
placemats
set of 4, £14,
made.com



Left: William
Morris lap tray
(pack of two),
£22.95, House
ofBath.co.uk

*All prices correct at
time of going to press



£239,950

SAWBRIDGEWORTH (Station Road)

Charming 1 bedroom Victorian cottage with a courtyard garden, ideally positioned being just a 2 mins walk to the station and a short walk to the village centre. Ideal investment opportunity with a rental value of £825 - £850 pcm. Owner found and ready to move. Sole agents.



£250,000

SAWBRIDGEWORTH (Lawrence Moorings)

2 bedroom first floor apartment with a large living room with views over the marina, 2 good size bedrooms, family bathroom, kitchen and allocated off-road parking. Short walk to train station. Must be viewed. Sole agents.



£275,000

SAWBRIDGEWORTH (Atherton End)

2 bedroom semi-detached home with a driveway and parking. Offered with vacant possession and no onward chain. 10 mins walk from village centre and short walk to station. Keys available for viewing. Sole agents.



£294,950

SAWBRIDGEWORTH (Bell Street)

Modern 2 bedroom cottage in a town centre location. Stone's throw from all local facilities including schools and train station. Open plan living space, 2 bedrooms, family bathroom, downstairs w.c., gas fired central heating, front garden, allocated parking. No onward chain.



£295,000

SAWBRIDGEWORTH (Church Street)

2 Double bedroom, 2 Bathroom modern cottage. Situated in the village centre walking distance from all local facilities including train station. Vacant possession and no onward chain.



£350,000

HATFIELD BROAD OAK

Beautifully presented and spacious 2 bedroom period property with a large sitting room, kitchen/dining room, en-suite to master bedroom, many period features and a fabulous loft. Thriving village and close to all amenities. Vacant possession. Sole agents.



£359,950

SAWBRIDGEWORTH (Ladywell Prospect)

Beautifully presented 3 bedroom end of terrace home. Walking distance of train station and town centre. Fitted kitchen, living room, downstairs w.c., 3 bedrooms, family bathroom, enclosed rear garden, allocated parking. Sole agents.



£375,000

HIGH WYCH (Mansfield)

4 bedroom family home. Beautifully presented throughout with an open plan kitchen/dining room, sitting room, downstairs cloakroom, 4 bedrooms, family bathroom, good size rear garden with large outbuilding, driveway and parking for 3-5 cars.



£395,000

SAWBRIDGEWORTH (Bullfields)

BRAND NEW DETACHED HOUSE, HELP TO BUY AVAILABLE. Only 5% deposit required. Finished to an extremely high spec throughout. Luxury kitchen and bathrooms, garden and driveway. Vacant possession and no onward chain.



£425,000

HATFIELD BROAD OAK

Rarely available detached 3 bedroom bungalow in this village centre location. Tucked away with a secluded south facing garden, gated parking area, re-painted throughout. Immediate vacant possession offered. No chain. Viewing highly recommended.



£449,950

HATFIELD HEATH (Ardley End)

3-4 bedroom detached home in a semi-rural location with stunning views. Close to village centre. Impressive kitchen/dining room, bathroom plus en-suite, driveway and parking. Offered with no onward chain. Sole agents.



£449,950

OLD HARLOW (High Street)

3 bedroom character home in a central position. Walking distance of train station. Sitting room, kitchen/breakfast room, study, conservatory, 3 bedrooms, family bathroom, landscaped rear garden, parking for 2 cars. No onward chain.



£525,000

SPELLBROOK

4 bedroom semi-detached home on a large plot. Plenty of parking to front, double garage to the side, large garden, former yard which could be used for a business (stp), loft with potential to develop. Sole agents.



£529,950

HATFIELD BROAD OAK

Period 4 double bedroom cottage in this popular highly sought after village. 90ft garden backing onto farmland, garage, parking for 3 cars, overflowing with charm and character. Must be viewed to be fully appreciated. Sole agents.



£575,000

SAWBRIDGEWORTH (Brook Road)

Deceptively spacious detached 5 bedroom chalet home. In need of cosmetic improvement. Offered with no chain. 3 reception rooms, 3 bath/shower rooms, 75ft south facing rear garden, in and out gravel driveway and larger than average garage. 2 mins walk to Pishiobury Park.



£725,000

LITTLE HALLINGBURY

With potential and a self-contained 1 bedroom annexe. 4 bedroom detached family home in a large plot with fantastic views and double garage. Huge potential (stp). Village centre location. No chain and vacant possession offered. Sole agents.



£850,000

BEACHAMP RODING

Excellent value for money, enormous square footage. Unique barn conversion with many period features, south facing gardens, triple garage/cartilage, 2 gated driveways, 4 reception rooms, 5 bedrooms, 3 bath/shower rooms, kitchen with utility and Aga. Must be viewed. Sole agents.



£875,000

HATFIELD HEATH

Rarely available detached family home with a stunning kitchen/family room leading through to a sitting room. Bi-folding doors to rear patio, good size south facing garden, large frontage with plenty of parking, 2 re-fitted bath/shower rooms. Less than 5 mins to train station. Viewing highly recommended.



£915,000

HIGH WYCH

Immaculate 5 bedroom detached family home in a small gated development. Double garage, landscaped corner plot, 4 bath/shower rooms, 3 large reception rooms, stunning kitchen, utility. Central village position. Viewing highly recommended.



£1,375,000

HATFIELD BROAD OAK

COMING SOON
2 fabulous country houses on the edge of Hatfield Broad Oak in mature 1 acre plots. One single storey, both approaching 4,000 sq ft. High specification and completed soon.



£775pcm

CHURCH LANGLEY (Aynsley Gardens)

Unfurnished one bedroom first floor apartment in a convenient location. Entrance hall with useful storage, good size living room opening to kitchen, double bedroom and bathroom. Outside there is one allocated parking space.



£995 pcm

SAWBRIDGEWORTH (Burtons Mill)

A two bedroom first floor totally refurbished apartment only a short walk from the mainline station and town centre. The property comprises newly fitted kitchen, lounge/diner with balcony, newly fitted bathroom and two bedrooms. Use of communal gardens and ample parking. Unfurnished and available immediately.



£1,295 pcm

BISHOP'S STORTFORD (Friendly Terrace)

4 bed Victorian cottage. With a large sitting/dining room, good sized kitchen/breakfast room, conservatory, ground floor bathroom, luxury shower room, gas fired heating and a landscaped rear garden. Short drive to station. Available end of August



£1,450 pcm

BISHOP'S STORTFORD (Cage End)

3 bed period barn conversion in a sought after location. Comprising entrance hall, downstairs wc, fitted kitchen, large lounge diner, separate study/playroom, bathroom and further bedroom to the top floor. Courtyard rear garden and allocated parking, plus car port.



£2750pcm

THAXTED (Dunmow Road)

4/5 bedroom family home providing period and contemporary living, only a short distance from Thaxted and Great Dunmow. Magnificent kitchen/breakfast/dining room. Large rear garden and ample parking. Available Mid September

haart

Harlow
01279 443 311

Call us 8am - 10pm everyday



NEW
INSTRUCTION

Looking For Your First Home? OIRO £250,000
Canons Brook EPC E
Then this two bedroom middle terrace home backing on to woodland and located within walking distance to the town centre, station and hospital could be for you. Ref 14514
Take A Peek



NEW
PRICE

House With Garage £264,999
Sibneys Green EPC D
Ideal for a first time buyer is this two bedroom semi detached home with off road parking. The property is located in a cul-de-sac within easy reach to local schools and amenities. Ref 14474
Make Me An Offer



NEW
INSTRUCTION

Offered Chain Free £420,000
Tanyard Place EPC B
Haart are pleased to offer this three bedroom end of terrace family home arranged over three floors. The property is within walking distance to local schools, hospital, train station and town centre. Call now to view. Ref 14517
Take A Look



NEW
INSTRUCTION

Guide Price £270,000 - £280,000
Local To It All Orchard Croft EPC D
haart are pleased to offer this spacious two bedroom home with ground floor WC. The property is within walking distance to local amenities and schools. Ref 14530
Call For More Info



NEW
INSTRUCTION

Guide Price £300,000 - £310,000
Carters Mead
An Ideal Family Home EPC E
Located within easy reach of the M11 & A414 is this well presented three bedroom end of terrace family home with the potential to have off road parking. The property offers a generous garden and spacious living accommodation. Ref 14522

Internal Viewing Recommended



NEW
INSTRUCTION

Guide Price £230,000 - £240,000
Five Acres
Requires Some Updating EPC D

Realistically priced three bedroom family home is in need of some updating and would be ideal for anyone looking to put their own stamp on a property. Ref 14512

Ring Now



NEW
INSTRUCTION

Guide Price £280,000 - £300,000
Turn This Into Your Dream Home EPC TBC
The Chantry
This three bedroom family home is located in the popular Mark Hall North area of Harlow and is being offered for sale chain free and is in need of some modernisation. Ref 14395
Call Call Call



NEW
INSTRUCTION

On Top Of It All
Park Court £230,000
EPC TBC
If your looking for space? Then this great sized two double bedroom split level flat with refitted kitchen, bathroom and garage en-bloc could be for you. The property is centrally located and is within walking distance of Harlow town centre with it's vast range of shopping and leisure facilities. Harlow Train station which services to London and Cambridge and the town park which covers 164 acres. Ref 14519

Hurry Before Its Gone



NEW
INSTRUCTION

Move On The Ladder £375,000
Watersmeet EPC D
This three bedroom semi detached family home with garage and own drive has been extended to provide good family accommodation. Ref 14488
Don't Let This Get Away Without Viewng



SSTC

Guide Price £240,000 - £250,000
Another One SSTC EPC D
Moorfield
Offered for sale chain free is this three bedroom middle terrace home with two reception rooms. Internal viewing highly advised. Ref 14467
Book In Your Free Valuation Today



NEW
INSTRUCTION

Outskirts Of Harlow
Archers £250,000 - £260,000
EPC C
Located on the Harlow/Epping borders in a private cul de sac location is this two bedroom terraced home. The property is offered for sale chain free and would be ideal for a first time buyer and benefits from a kitchen, open plan lounge-diner, two bedroom and a shower room. Ref 12141

One To View



SSTC

SSTC - Similar Required OIRO £250,000
Parsonage Leys EPC TBC
Requiring updating and modernisation is this three bedroom terraced family home which is centrally located offering access to local amenities and Harlow town centre, call today to book your viewing.
Dial 01279 443311





HOME ADVICE

With Alex Neill of Which?

PAWS FOR THOUGHT

Man's best friend can be anything but for insurers... but they do have at least one thing going for them

Dogs are man's best friend. Owners love their canine pals – often getting up early in the morning to ensure Fido gets exercised.

But when it comes to your property – or that of your neighbours – sometimes those four-legged friends can be less cuddly, causing all sorts of havoc around the home.

Nature did not design dogs to live in flats and houses. Lively dogs don't like enclosed spaces, and shutting them in can be a recipe for disaster.

Home insurance firm Admiral has looked at claims for the past five years and found "hundreds of incidents" where dogs were to blame for breakages and worse.

You have to multiply that number many times over for a couple of reasons.

Firstly, because other insurers will also have similar claims.

Then there are all the other dog-related incidents which are never reported – either because it's not worth the bother as the renewal would reflect the claim or it's below the excess, the first slice of a claim which the policyholder pays.

Admiral says its highest single claim was not for a frustrated dog but for a sick one – £3,000 to

Which?

replace a valuable carpet ruined by vomit. Doggy stains are frequent – and you can claim under many accidental damage clauses.

Another frequent accident is where enthusiastic dogs want to see your laptop pictures – they leap up and knock over the machine or cause a drink to spill over it.

Even the biggest dog fan knows sometimes their canine friends can be a bit daft. Big dogs in small places can smash mirrors, glass doors, and windows – or knock over television sets. Some have even eaten owner's glasses or hearing aids.

It's not just dogs, though, other household animals can damage property. Rabbits can bite through wires, while cats ruin furniture with scratching. But these do not count as accidents and rarely succeed as claims against insurance companies.

Outside the home, dogs can continue to be responsible for damage – anything from wrecking the neighbour's flower beds to causing an accident when running



Scratch that: Cats ruining furniture with their claws doesn't usually result in an insurance claim

over a road. Owners are responsible for dogs when out of the house and while many pet insurance policies cover claims from others, allowing a dog onto a road without a lead could be considered negligence.

Insurance companies like dogs in one respect, however, because even a little dog barking can deter burglars and vandals from entering your home.

That could be more than enough to balance any damage they might cause.

Ruff justice: Dogs can cause breakages and all manner of other damage around the home – and in the great outdoors too

TOP TIPS

■ Ask how big that adorable puppy will grow. Small dogs are best unless you have a large space in your home.

■ Ensure your dog is trained. There are classes in almost every area – sometimes free. The Association of Pet Dog Trainers (apdt.co.uk) is one place to start your search.

■ Dogs need lots of exercise. The more you walk them, the less they will feel the need to crash around your home.

■ Keep dogs out of the kitchen. Jumping up to get meat cooking on the hob causes many accidents.

■ Don't leave phones or glasses lying around. Even the best behaved dog can ruin them in its mouth because it thinks you want these things brought to you.

■ Keep your dog on a lead when in public places. It can be illegal to let them run free.

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there really is no opposition!*



UNIT 4, CHURCH LANGLEY WAY, CHURCH LANGLEY

01279-410084



VIEWINGS ADVISED

Fullers Mead

- A Three Bedroom Terraced House
- Potential For Driveway (STPP)
- First Floor Family Bathroom
- Utility Room
- Extended Kitchen
- EPC Rating: D

£295,000



VIEWINGS ADVISED

Ashworth Place

- Two Bedroom Terraced House
- CHAIN FREE
- Garage & Driveway For One Vehicle
- Two Double Bedrooms
- Ground Floor W/C
- E.P.C. Rating: D

£315,000



VIEWINGS ADVISED

Alexander Mews

- A Two Bedroom House
- Two Bathrooms
- Parking
- Gated Entrance
- CHAIN FREE
- EPC Rating: Awaiting

£335,000



VIEWINGS ADVISED

Malkin Drive

- Three Bedroom Terraced House
- CHAIN FREE
- Driveway For One Vehicle
- Recently Refurbished Throughout
- Modern Fitted Bathroom
- EPC Rating: C

£340,000



VIEWINGS ADVISED

Ridgeways

- A Three Bedroom Linked Detached House
- Driveway & Garage (With Electric Door)
- Large South Facing Garden
- Potential To Extend To The Rear & Side
- Potential For Loft Conversion Without Losing A Bedroom
- EPC Rating: Awaiting

£399,995



VIEWINGS ADVISED

St. Johns Avenue

- Three Bedroom Semi Detached House
- CHAIN FREE
- Additional Two Bedroom Detached Bungalow
- Garage
- Driveway For Multiple Vehicles
- EPC Rating: E

£450,000



VIEWINGS ADVISED

Victoria Gate, Church Langley

- Four Bedroom Detached House
- Fitted Kitchen
- Lounge/Diner With Large Bay Window
- Conservatory To The Rear
- Double Garage With Power & Lighting
- E.P.C. Rating: D

£480,000



VIEWINGS ADVISED

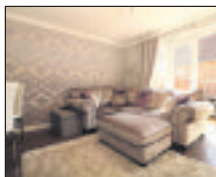
London Road

- Six Bedroom Detached House
- 16th Century Barn Included Within The Grounds Owned
- Built in 2002/2003
- Three Reception Rooms
- Five Bathrooms
- Awaiting EPC Rating

£1,250,000



NEW INSTRUCTION



Malkin Drive

- Two Bedroom Mid-Terraced House
- En-Suite To Master Bedroom
- Off Street Parking For Two Cars
- Recently Decorated Throughout
- Double Glazing & Gas Central Heating Throughout
- E.P.C. Rating: D

£305,000



NEW INSTRUCTION



Pytt Field

- Three Bedroom Terraced House
- Allocated Parking
- Conservatory
- Rear Garden With Rear Access
- Downstairs WC
- EPC Rating: C

£325,000



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there really is no opposition!*



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19 EASTGATE, HARLOW
01279-433033



Waterhouse Moor Lower

£139,995

- A One DOUBLE Bedroom Flat
- Sixth Floor
- Newly Fitted Kitchen
- New Vaillant Boiler
- CHAIN FREE
- EPC Rating: Awaiting

VIEWINGS ADVISED



Taylifers

£140,000

- A One Bedroom First Floor Flat
- CHAIN FREE
- Potential Rental Of £700 Per Calendar Month
- Recently Refurbished Throughout
- Approx. 96 Years Remaining On The Lease
- EPC Rating: C

VIEWINGS ADVISED



Canons Brook

£250,000

- A Two Bedroom Mid - Terrace House
- Ground Floor Family Bathroom
- Approx. 120ft Secluded Rear Garden With Rear Access
- Situated within a Residential Cul - De Sac
- Potential To Extend To The Rear (STTP)
- EPC Rating: D

VIEWINGS ADVISED



Long Banks

O.I.E.O
£255,000

- A Two Bedroom End Of Terrace House
- Two DOUBLE Bedrooms
- Utility Room
- Outbuilding With Power And Electric
- uPVC Double Glazed & Gas Central Heating Throughout
- EPC Rating: C

VIEWINGS ADVISED



Sibneys Green

£269,995

- A Two Bedroom Semi- Detached House
- Private Driveway & Garage
- Larger Than Average Rear Garden
- Newly Fitted First Floor Family Bathroom
- Ideal For First Time Buyer, Investors and Home Movers
- EPC Rating: Awaiting

VIEWINGS ADVISED



Westfield

O.I.E.O
£270,000

- A Three Bedroom Semi- Detached House
- Situated In A Residential Cul - De Sac
- Large Kitchen/ Diner
- Approx. 45ft Secluded Rear Garden
- First Floor Wet Room With A Walk In Shower
- EPC Rating: D

VIEWINGS ADVISED



Priory Court

O.I.R.O
£275,000

- A Three Bedroom Mid Terrace Town House
- Private Driveway
- Two Family Bathrooms
- Secluded Rear Garden With Rear Access
- EPC Rating: F

VIEWINGS ADVISED



Dunstalls

O.I.E.O
£280,000

- A Three Bedroom Mid - Terrace House
- Lounge Through Diner
- Fitted Kitchen
- Secluded Rear Garden With Rear Access
- Allocated Parking To Rear
- EPC Rating: D

VIEWINGS ADVISED



Sycamore Field

£264,995

- A Three Bedroom End Of Terrace House
- Open-Planned Kitchen/ Diner
- Secluded Rear Garden With Rear Access
- First Floor Family Bathroom
- Ideal For First Time Buyer, Home Movers or Investors
- EPC Rating: B



VIEWINGS ADVISED



Fennells

£290,000

- A Three Bedroom Mid - Terrace House
- Low Maintenance Rear Garden & Front Garden
- Kitchen/ Diner
- Close Proximity Of The Local Shops And School
- Downstairs Shower Room & First Floor Family Room
- EPC Rating: C



NEW INSPECTION

Howick & Brooker

Gothic House, High Street, Old Harlow, CM17 0DN

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CHAIN FREE

£159,995
TAWNEYS ROAD, HARLOW
• One Bedrooms • Chain Free
• First Floor Flat • Close To Shops
• Allocated Parking • EPC Rating: C



CHAIN FREE

£250,000
COWLINS, OLD HARLOW
• Two Bedrooms • Ground Floor Maisonette
• Cart Lodge Parking • Chain Free
• Private Cul-De-Sac • EPC Rating: C



CHAIN FREE

£279,995
GREAT AUGER STREET, NEWHALL
• Top Floor Flat • Two Bedrooms
• Prime Location • Chain Free
• Allocated Parking • EPC Rating: D



CHAIN FREE

£280,000
LITTLE BRAYS, HARLOW
• Three Bedrooms • Mid Terrace
• Two Receptions • Chain Free
• Needs Modernisation • EPC Rating: TBC



CHAIN FREE

GUIDE PRICE £285,000 - £295,000
JOCELYNS, OLD HARLOW
• Three Bedrooms • Close To High Street
• Mid Terrace • Chain Free
• Detached Garage • EPC Rating: F



NO WORK

£299,995
BARN MEAD, HARLOW
• Three Bedrooms • End Of Terrace
• Rear Extension • Updated Throughout
• No Work Required • EPC Rating: D



GARAGE

£299,995
ELWOOD, CHURCH LANGLEY
• Two Bedrooms • Immaculately Presented
• Mid Terrace • Kitchen / Diner
• Garage & Parking • EPC Rating: C



GARAGE

£330,000
COBBINS WAY, OLD HARLOW
• Two Bedrooms • Garage & Driveway
• Two Receptions • Semi Detached
• Good Size Garden • EPC Rating: C



HIGH SPEC

OIEO £340,000
MALKIN DRIVE, CHURCH LANGLEY
• Three Bedrooms • High Specification
• Terraced Home • Driveway Parking
• Fully Refurbished • EPC Rating: C



NEW ON

OIRO £365,000
VICTORIA GATE, CHURCH LANGLEY
• Three Bedrooms • Two Receptions
• Semi Detached • South Facing Garden
• Garage & Driveway • EPC Rating: TBC



PARKING

£369,995
CANOPY LANE, NEWHALL
• Three Bedrooms • Downstairs W/C
• Semi Detached • Parking For Two
• One Owner Since New • EPC Rating: TBC



EN-SUITE

£375,000
PERRY LANE, NEWHALL
• Three Bedrooms • Downstairs WC
• High Spec Kitchen • Off Street Parking For Two
• En Suite To Master • EPC Rating: B



NEW ON

£385,000
BELFIELD GARDENS, CHURCH LANGLEY
• Four/Five Bedrooms • Two Bathrooms
• Kitchen/Diner • End Terrace
• Driveway • EPC Rating: D



NEW ON

£399,995
BROADFIELD, HARLOW
• Three Bedroom • Lots Of Potential
• Semi Detached • Semi Detached
• Cloakroom • EPC Rating: TBC



NEW PRICE

OIEO £398,000
WHIELDON GRANGE, CHURCH LANGLEY
• Link Detached • Three Bedrooms
• Two Receptions • Garage & Parking
• Master With En Suite • EPC Rating: TBC



DETACHED

£425,000
ALBERT GARDENS, CHURCH LANGLEY
• Four Bedrooms • En Suite
• Detached • Utility Room
• Garage & Driveway • EPC Rating: TBC



NEW ON

£425,000
ELWOOD, CHURCH LANGLEY
• Three Bedrooms • Modern Kitchen
• Garage & Driveway • Conservatory
• Cloakroom • EPC Rating: D



NEW PRICE

£440,000
THE CHASE, NEWHALL
• Four Bedrooms • Two Bathrooms
• Studio Over Garage • Parking & Parking
• Two Receptions • EPC Rating: C



NEW ON

£475,000
FORE STREET, OLD HARLOW
• Two Separate Entrances • Development
• Four Bedrooms • Centre Of Town
• Four Receptions • EPC Rating: TBC



COTTAGE

£530,000
HALL GREEN, LITTLE HALLINGBURY
• Four Bedrooms • Detached Cottage
• Two Receptions • Chain Free
• Two Garages • EPC Rating: F



NEW ON

£550,000
THE CHASE, NEWHALL
• Four Bedrooms • Three Bathrooms
• End Terrace • Office
• Garage To Rear • EPC Rating: C



NEW PRICE

£635,000
THE BARNS, OLD HARLOW
• Three Bedrooms • Semi Detached
• Gardens & Parking • Courtyard Setting
• Two Bathrooms • EPC Rating: E



CHAIN FREE

£725,000
GREAT AUGER STREET, NEWHALL
• Four Bedrooms • Solar Energy
• Three Receptions • Rain Water Harvesting
• Bespoke Build • EPC Rating: B



CHAIN FREE

£895,000
EASTWICK, HERTFORDSHIRE
• Grade II Listed House • Village Location
• Five Bedrooms • Elegantly Restored
• Three Reception Rooms • Just A Mile To The Station



GATED

£895,000
LATTON COMMON, HARLOW
• Five Bedrooms • Detached House
• Three Receptions • Gated Entrance
• Private Location • EPC Rating: C

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YOUR HOME

Eight simple steps to change a plug

Do you see yourself as a bit of a handyman or woman? Or are you more of a DIY disaster? According to a new survey by home heating oil supplier Emo Oil, more than half of UK adults admit they would call an expert before attempting to fix a DIY issue in their home themselves.

According to the poll, changing a plug is the top DIY debacle, with 67% saying they wouldn't know how to do the job themselves.

Finding a damaged plug in your home is a very common occurrence, however, and sorting it out is actually a relatively easy task that most people would be capable of, with a bit of know-how and the right tools.

"Changing a plug is a fairly straightforward job but, as always, use common sense and be wary," says Carl Meredith from MyJobQuote.co.uk, a website that enables people to search for local tradespeople in their area. "Safety needs to come first, and of course, if you're not sure, call in the professionals."

Want to learn how to change a plug? Firstly, you'll need a suitable screwdriver, and although this is a straightforward task, remember you're working with electrics here – so pay attention and follow the instructions to a T!

The wires are coloured differently, so you know what goes where.

DIY expert and TV presenter Jo Behari (johbehari.co.uk), talks us through a step-by-step guide...

1 UNSCREW THE PLUG

"Unscrew and remove the cover

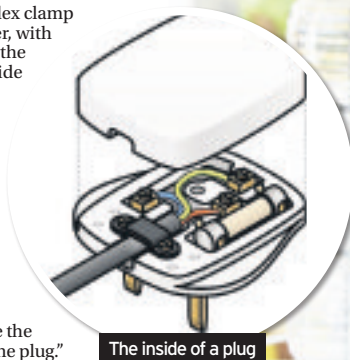
HARRIET EVANS asks an expert about this relatively straightforward DIY job

of the plug and the flex clamp using the screwdriver, with the screw located in the centre of the underside of the plug."

2 LOOSEN THE BAR

"Once open, you will see a fuse, three terminals with small screws on, and a small bar at the bottom that's also held in by screws.

"Loosen this bar, because this is where the wires need to enter the plug."



The inside of a plug

3 REMOVE THE WIRES

"Unscrew all of the terminals to loosen the wires so you can remove them. Do not remove the terminal screw completely, just loosen it until the wire can be pulled out.

"Note that if you're changing a factory-fitted plug, you'll need to cut the wires, because factory-fitted plugs are fused, which means the casing can't be unscrewed to allow you to access the terminals."

4 TRIM THE WIRES

"If you do have to cut the wires, or if they look a bit straggly at the ends, you'll need to cut them back a bit so that you're working with neat ends. Use wire cutters for this.

"You should strip roughly 0.5-1cm off the end of the blue, brown and

striped wires, so that the copper insides are clearly visible.

5 RE-WIRE THE PLUG

"Pass the wires through the hole or space at the bottom of the new plug, unscrewing any wire holders that may keep the wire in place, and then insert each wire into the correct terminal (they should be labelled).

"You may have to twist the ends together, so you don't have frayed ends sitting outside the terminals.

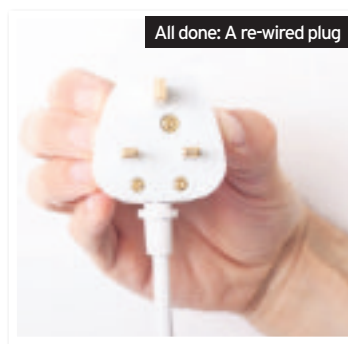
"You may also find it easier to remove the fuse if there is one in place, to give you more room to work."

6 TIDY IT ALL UP

"Screw the terminal screws down. If the pins that stick into the socket are removable, you may find it easier

to remove it to do this.

"Ensure there is no copper wire exposed outside of the terminal."



All done: A re-wired plug

Changing a plug is actually quite an easy DIY job, if you follow our guide

7 SCREW ON THE WIRE HOLDER

"Lay all the wires flat into their channels, and screw the wire holder at the bottom back down."

8 FINISHING TOUCHES

"Insert the fuse, if you removed it to work with more space while refitting the wires, and screw the cover back on. Make sure the cover is screwed on nice and tight."

Got that? If so – congratulations! You're now one step closer to becoming a dab hand at DIY.

Don't blame us if your friends start calling you next time they need a plug changed though...

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GLEBELANDS, HARLOW **£499,995**

- Three Double Bedrooms
- Garage & Driveway
- Chain Free
- Premier Location
- Detached Home
- Conservatory
- Quiet Cul-De-Sac
- EPC Rating: TBC



WESTBURY RISE, CHURCH LANGLEY **£335,000**

- Three Bedrooms
- Two Receptions
- Ground Floor W.C
- Chain Free
- Semi Detached
- Popular Location
- Garage & Drive
- EPC Rating: C



REGENCY COURT, HARLOW

- One Bedroom
- Lounge/Diner
- Communal Garden
- Chain Free
- Ground Floor
- Apartment
- Residents Parking
- EPC Rating: D

£144,995



PETERSWOOD, HARLOW

- One Bedroom
- Lounge/Diner
- Immaculate
- CHAIN FREE
- First Floor
- Apartment
- Communal Gardens
- EPC Rating: D

£159,995



MILESTONE ROAD, NEWHALL

- Two Bedrooms
- Allocated Parking
- Open Plan Living
- Chain Free
- Ground Floor Apartment
- Popular Location
- Intercom Entry System
- EPC Rating: C

£214,995



ALEXANDRA ROAD, HARLOW

- Two Bedrooms
- Allocated Parking
- Open Plan Kitchen/Diner
- First Floor
- Apartment
- Popular Location
- Large Loft
- EPC Rating: TBC

£214,995



COALPORT CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Allocated Parking
- Lounge/Diner
- First Floor
- Apartment
- Popular Location
- Communal Garden
- EPC Rating: TBC

£215,000



PRIORY COURT, HARLOW

- Two Bedrooms
- Lounge/Diner
- Balcony
- Garage En-Bloc
- Private Apartment
- Top Floor
- Well Presented
- EPC Rating: TBC

£224,995



PRIORY COURT, HARLOW

- Two Bedrooms
- Lounge/Diner
- Balcony
- Garage En-Bloc
- Private Apartment
- First Floor
- Modern Kitchen
- EPC Rating: C

£229,995



SHAWBRIDGE, HARLOW

- Two Double Bedrooms
- Lounge/Diner
- Popular Location
- Chain Free
- Middle Terrace
- Ground Floor WC
- Southerly Garden
- EPC Rating: C

£232,500



SPRUCE HILL, HARLOW

- Two Bedrooms
- Lounge/Diner
- Cul-De-Sac Location
- Modern Bathroom
- Terraced House
- Close To Common
- Southerly Garden
- EPC Rating: D

£244,995



LOWER MEADOW, HARLOW

- Four Bedrooms
- Lounge/Diner
- Ground Floor WC
- Chain Free
- End Terrace House
- Popular Location
- Ideal Investment
- EPC Rating: TBC

£245,000



RADBURN CLOSE, HARLOW

- Two Bedrooms
- Modern Bathroom
- Kitchen/Breakfast Room
- Close To Common
- End Of Terrace
- Corner Garden
- Popular Location
- EPC Rating: C

£249,995



MILWARDS, HARLOW

- Three Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Chain Free
- Terraced House
- Ideal Investment
- Potential To Improve
- EPC Rating: C

£249,995

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NEW




ALBERT GARDENS, CHURCH LANGLEY £332,500

- Three Bedrooms
- Kitchen/Diner
- Cloakroom W.C
- Double Driveway
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: D

NEW




BARN MEAD, HARLOW £279,995

- Three Bedrooms
- Lounge/Diner
- Ground Floor WC
- Chain Free
- Middle Terrace
- Westerly Garden
- Popular Location
- EPC Rating: D



PRIMROSE FIELD, HARLOW

- Two Bedrooms
- Loft Room
- Kitchen/Diner
- Popular Location
- Middle Terrace House
- Porch Extension
- Well Presented
- EPC Rating: TBC

£250,000



LONG BANKS, HARLOW

- Two Bedrooms
- Kitchen/Brist Room
- Well Presented
- Separate Bath & W.C
- End Of Terrace
- Cul-De-Sac Location
- uPVC Glazing
- EPC Rating: TBC

£254,995



DAVENPORT, CHURCH LANGLEY

- Two Bedroom
- Kitchen/Diner
- Modern Bathroom
- Own Parking
- Terraced Home
- Landscaped Garden
- CHAIN FREE
- EPC Rating: C

£265,000



THE HOO, OLD HARLOW

- Two Double Bedrooms
- Potential For Driveway
- Two Receptions
- Chain Free
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: TBC

£265,000



SYCAMORE FIELD, HARLOW

- Three Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Outskirts Of Town
- Terraced House
- Westerly Garden
- Popular Location
- EPC Rating: C

£279,995



MARKWELL WOOD, HARLOW

- Two Bedrooms
- Kitchen/Diner
- Modern Bathroom
- Allocated Parking
- End Of Terrace
- South/West Facing Garden
- Popular Location
- EPC Rating: TBC

£284,995



MALKIN DRIVE, CHURCH LANGLEY

- Two Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Garage & Parking
- Terraced House
- En-Suite Shower
- Popular Location
- EPC Rating: C

£290,000



DAVENPORT, CHURCH LANGLEY

- Two Bedrooms
- Immaculate Home
- Conservatory
- Parking To Front
- Mid Terrace
- Open Plan Layout
- CHAIN FREE
- EPC Rating: C

£290,000



WOODING GROVE, HARLOW

- Three Bedrooms
- Kitchen/Diner
- CHAIN FREE
- Current HMO
- Semi Detached
- 40ft Garden
- Close To Town
- EPC Rating: TBC

£295,000



CLIFTON HATCH, HARLOW

- Two Double Bedrooms
- Allocated Parking
- Lounge/Diner
- NHBC Warranty Remaining
- Middle Terrace
- Modern Throughout
- Popular Location
- EPC Rating: TBC

£300,000



RUNDELLS, HARLOW

- Three Bedrooms
- Driveway
- Well Presented
- Chain Free
- Middle Terrace
- Two Receptions
- Popular Location
- EPC Rating: TBC

£309,995



KEEFIELD, HARLOW

- Three Bedrooms
- Garage & Driveway
- Desirable Location
- Kitchen/Diner
- Semi Detached Home
- Southerly Garden
- Quiet Cul-De-Sac
- EPC Rating: TBC

£325,000

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DOULTON CLOSE, CHURCH LANGLEY £274,995

- Two Bedrooms
- Kitchen/Diner
- Two Parking Spaces
- Quiet Cul-De-Sac
- Middle Terrace
- Popular Location
- Fitted Wardrobes
- EPC Rating: TBC



RED WILLOW, HARLOW £194,995

- Two Bedrooms
- Well Presented
- Lounge/Diner
- Juliette Balcony
- First Floor Apartment
- Fitted Wardrobes
- Popular Location
- EPC Rating: TBC



LATTON GREEN, HARLOW

- Three Bedrooms
- Driveway
- Two Receptions
- CHAIN FREE
- Semi Detached
- Popular Location
- Potential To Extend (STPP)
- EPC Rating: TBC

£329,995



MALKIN DRIVE, CHURCH LANGLEY

- Three Bedrooms
- Garage & Driveway
- Immaculate Home
- Kitchen/Diner
- Semi Detached
- Popular Location
- Ensuite To Master
- EPC Rating: TBC

£365,000



MULBERRY GREEN, OLD HARLOW

- Two Bedrooms
- Modern Kitchen
- Open Plan Living
- Parking Area
- End Of Terrace
- Pretty Cottage
- Private Location
- EPC Rating: B

£374,995



DENBY GRANGE, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- En-Suite Shower Room
- Chain Free
- Detached House
- Garage & Driveway
- Popular Location
- EPC Rating: D

£374,995



TICKENHALL DRIVE, CHURCH LANGLEY

- Four Bedrooms
- Kitchen/Diner
- Popular Location
- Garage & Driveway
- Detached Home
- En-Suite Shower
- Westerly Garden
- EPC Rating: D

£434,995



THE CHASE, NEWHALL

- Four Bedrooms
- Two Receptions
- Stunning Home
- Garage & Parking
- End Terrace
- Two Bathrooms
- Kitchen/Bkfst Room
- EPC Rating: C

£450,000



DAVENPORT, CHURCH LANGLEY

- Four Bedrooms
- Two Receptions
- Conservatory
- Garage & Drive
- Detached House
- Dressing Room
- Two Bathrooms
- EPC Rating: C

£455,000



BURLEY HILL, CHURCH LANGLEY

- Four/Five Bedrooms
- Two Receptions
- Conservatory
- Garage & Driveway
- Detached House
- Two En-Suites
- Cul-De-Sac Location
- EPC Rating: D

£464,995



WHALEBONE COTTAGES, HASTINGWOOD

- Four Bedrooms
- Kitchen/Breakfast Room
- Two Receptions
- Immaculate Home
- End Terrace Cottage
- Driveway
- Extended Property
- EPC Rating: D

£475,000



PARK AVENUE, HARLOW

- Four Bedrooms
- Three receptions
- Large Gardens
- Garage & Driveway
- Semi Detached
- Extended Property
- Rarely Available
- EPC Rating: D

£489,995



CHELSEA GARDENS, CHURCH LANGLEY

- Six Bedrooms
- Two Receptions
- En-Suite Shower
- Garage & Drive
- Utility & W.C
- Riptide Swim Spa
- EPC Rating: TBC

£549,995



WESTBURY RISE, CHURCH LANGLEY

- Four Bedrooms
- Two Receptions
- Kitchen/Family Room
- Conservatory
- Detached House
- Double Detached Garage
- Immaculate Home
- EPC Rating: D

£585,000

t: 01279 216216

e: info@rjestateagents.co.uk



TO LET



DADSWOOD, HARLOW £895 P.C.M

- Two Bedrooms
- Lounge/Diner
- Recently Redecorated
- Available Now
- Apartment
- Top Floor
- Unfurnished
- EPC Rating: C



TO LET



LANGDALE STREET, NEWHALL £1,750 P.C.M

- Four Bedrooms
- Double Driveway
- Open Plan Living
- Available September 2018
- Detached House
- Popular Location
- Unfurnished
- EPC Rating: TBC



LET AGREED

MORE NEEDED

Upper Park, Harlow

£1,595 P.C.M

- Four Bedrooms
- Driveway
- Modern Kitchen/Diner
- AVAILABLE NOW
- Semi Detached
- Unfurnished
- Close To Hospital
- EPC Rating: TBC



TO LET

Abbeydale Close, Church Langley £1350 P.C.M

- Three Bedrooms
- Garage & Driveway
- Immaculate Home
- Unfurnished
- End Terrace
- Available NOW
- Ground Floor WC
- EPC Rating: C



LET AGREED

MORE NEEDED

Willowfield, Harlow

£1,250 P.C.M

- Three Bedrooms
- Conservatory
- Lounge/Diner
- Available Now
- End Terrace Bungalow
- Unfurnished
- White Goods Available
- EPC Rating: C



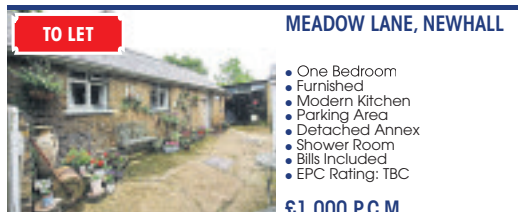
LET AGREED

MORE NEEDED

RAM GORSE, HARLOW

- Three Bedrooms
- Lounge/Diner
- Close To Town
- Unfurnished
- Middle Terrace
- Sorry No DSS
- Available Early May
- EPC Rating: D

£1,200 P.C.M



TO LET

MEADOW LANE, NEWHALL

- One Bedroom
- Furnished
- Modern Kitchen
- Parking Area
- Detached Annex
- Shower Room
- Bills Included
- EPC Rating: TBC

£1,000 P.C.M



LET AGREED

MORE NEEDED

SHAWBRIDGE, HARLOW

- One Bedroom
- Available End Of June
- Overlooking Green
- Maisonette
- First Floor
- Unfurnished
- Redecorated
- EPC Rating: TBC

£725 P.C.M



Ben Johnson



James Reyland



Sonny Montalto



Francesca Fincham



Harriett Jackson



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Dean Wedge

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New
Instruction

PRIMROSE FIELD

£149,950

- CHAIN FREE
- Top Floor Apartment
- Close to Amenities
- Close Transport Links
- Gas Central Heating
- Excellent First Time or Investment Buy



TAYLIFERS OIEO £145,000

- CHAIN FREE
- First Floor Flat
- Double Glazed
- Lounge 13'6" x 9'7"
- Kitchen 7'9" x 5'10"
- Bathroom
- Current Vendor to Refurbish Property



Chelsea Gardens Offers in excess of £230,000

- Two Bedroom Apartment
- Second Floor
- Modern Fitted Kitchen & Bathroom
- Allocated Parking & Guest Space
- Close to Local Supermarket
- Chain Free
- Well Presented Throughout



New
Instruction

PYTT FIELD

£210,000

- Two Bedroom Maisonette
- Modern Fitted Kitchen & Bathroom
- Gas Central Heating
- Double Glazing
- Two Double Bedrooms
- Popular Area
- VIEWINGS FROM 10/7/18



New
Price



Hatfield Heath

£215,000

- Three Bedrooms
- Top Floor Apartment
- Village Centre Location
- No Onward Chain
- Short Walk to Shops & Schools
- Large Kitchen & Living Room
- Modern Kitchen



LOWER MEADOW £250,000

- Three Bedroom Family Home
- End of Terrace
- Through Kitchen/Diner
- Sitting Room
- Downstairs Cloakroom
- Hard Landscaped Garden
- Front of Development



VICARAGE WOOD £260,000

- Two Bedroom Home
- Kitchen & Utility Area
- Rear Garden
- Approximately 40ft
- Lounge
- Dining Room
- Close to all Amenities Recommended



WHARLEY HOOK £275,000

- Two Double Bedrooms
- Kitchen & Bathroom
- Gas Central Heating
- Double Glazing
- Good Size Rear Garden
- Modern Fitted
- Walking Distance to Local School
- NO ONWARD CHAIN



Good
Size



WOODWARDS

£289,995

- Three Bedroom Family Home
- Well Presented Throughout
- Fitted Kitchen
- Lounge Diner
- Bathroom & Separate WC
- Close to Town Centre
- Close to Schools & Amenities



THE DOWNS £275,000

- Extended Two Bedroom Mid Terrace Home
- Fitted Wardrobes to both Bedrooms
- Lounge & Dining Area
- Utility Area
- Fitted Kitchen
- Family Bathroom
- No Onward Chain
- Approx 100' Rear Garden



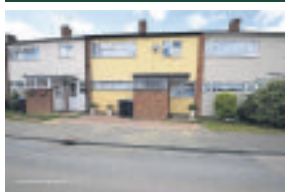
Popular
Location



OLD HARLOW

Guide price £300,000

- Two Bedroom Chalet Bungalow
- Semi-Detached
- Chain Free
- Large Garden
- Gas Central Heating
- Double Glazed
- Allocated Parking Space



HOOKFIELD £290,000

- Three Bedroom Mid Terrace Home
- Galley Style Kitchen
- Lounge Diner
- Unoverlooked Garden
- Two Double Bedrooms
- Gas Central Heating
- Double Glazing
- Close to All Amenities



New
Instruction

THE MAPLES

£325,000

- Three Bedroom Family Home
- Off Street Parking
- Garage
- Ground Floor WC
- Recently Fitted Kitchen
- Neat & Tidy Bathroom
- Double Glazed
- Well Presented Throughout



New
Instruction

WESTBURY RISE

£335,000

- Three Bedroom Semi Detached Home
- Garage & Driveway
- Downstairs W.C.
- Close to Schools
- Close Amenities
- NO ONWARD CHAIN



ASHWORTH PLACE Guide price £315,000

- CHAIN FREE
- Two Bedroom Home
- Semi - Detached
- Off Street Parking
- Garage
- Double Glazing Throughout
- Gas Central Heating



TORKILSDEN WAY Guide price £360,000

- Three Bedroom Home
- Downstairs Cloakroom
- En-Suite to Master Bedroom
- Kitchen Diner
- Lounge
- Converted Garage
- Allocated Parking



OLD HARLOW £310,000

- Two Bedroom Cottage
- Lounge 10'11 x 14'9
- Brand New Fitted Kitchen
- Loft Room 15'9 x 9'6
- Close to Local
- Amenities
- Bedroom One 12'1 x 11'0
- Bedroom Two 10'7 x 5'4
- Family Bathroom



OLD HARLOW £315,000

- No Onward Chain
- Three Bedrooms
- Lounge Diner
- Conservatory
- Gas Central Heating
- Kitchen
- In Need of
- Modernisation



New
Instruction

THE CHASE, NEWHALL

£535,000

- Large Five Bedroom End of Terrace Town House
- Clean & Tidy
- Smartly Decorated Throughout
- Sitting Room Overlooking Garden
- Downstairs Cloakroom
- Huge Lounge
- Top Floor Master Suite
- Four Further Bedrooms

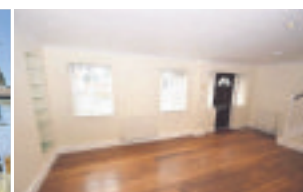


New
Price

OLD HARLOW

£370,000

- Three Bedroom Detached Home
- Heart of Old Harlow
- No Onward Chain
- Easy Access to all Amenities
- Good Size Lounge
- En-Suite Shower Room to Master Bedroom
- Neatly Enclosed Courtyard Style Rear Garden



New
Instruction

GREENFINCH WAY, NEWHALL

£452,995

- Four Bedroom Family Home
- Detached
- Immaculate Throughout
- Modern Fitted Kitchen
- Open Plan Living Area
- Garage & Drive
- Close to Schools & Shops
- Viewing Recommended



MALKIN DRIVE £450,000

- Four Bedroom Family Home
- Downstairs Cloakroom
- Double Glazing
- En-suite to Master Bedroom
- Garage & Drive
- Close to All
- Amenities
- Lounge



CHURCH LANGLEY OIRO £499,995

- Four/Five Bedroom Detached Home
- Garage Conversion
- Conservatory
- Downstairs Cloakroom
- Driveway for Multiple
- Vehicles
- Modern Fitted Kitchen
- Close to all Local
- Amenities



New
Price

Hare Street Springs

£425,000

- Three Bedroom Family Home
- Lounge & Dining Room
- Conservatory
- Unique Property
- Single Garage & Driveway
- Two Rear Gardens
- Close to All Amenities



New
Price

Greenfinch Way, New Hall

OIEO £431,000

- Four Bedroom Detached Home
- Large Kitchen Diner
- Lounge
- En-Suite to Master Bedroom
- Modern Fitted Bathroom
- Downstairs Cloakroom
- Garage




MILLERSDALE £1,295 PCM

- Detached Character Property
- EPC Rating To Follow
- Kitchen/Diner
- Separate Utility & Office Space
- Four Bedrooms - 3 Doubles
- GCH/Double Glazing
- * Admin Fees Apply
- Available Now

NEW LISTING

SHAWBRIDGE £1,150 PCM

- Three Bedrooms
- Gas Central Heating
- Close To Shops & Schools
- Conservatory
- No Pets
- No Smokers
- Available August 2018
- EPC Rating D
- * Admin Fees Apply


IMPORTANT INFORMATION:

When you apply for a tenancy, there will be an administration fee to pay, contact our rentals team or visit our website www.geoffreymatthews.co.uk for all fees which will become payable during the length of your tenancy.


LOWER SHEERING £1,100 PCM

- Three Bed First Floor Apartment.
- Gas Central Heating
- Close To Sawbridgeworth Station
- Kitchen Appliances Only
- Allocated Parking Space
- Balcony With Marina Views
- Professionals Only
- No Pets/No Children
- Available Mid July
- * Admin Fees Apply
- EPC To Follow

NEW LISTING

BROMLEY CLOSE \$900 PCM

- Two Bed Apartment
- En-Suite To Master
- Must Be Viewed
- New Carpets/Decorated
- * Admin Fees Apply
- Allocated Parking
- Available Now
- EPC Rating E


**Bonded
Client Account**

GREAT PLUMTREE £900 PCM

- Two/Three Bedrooms
- Stow Location
- * Admin Fees Apply
- Gas Central Heating
- EPC Rating D
- White Goods
- Top Floor
- Will Suit Professionals
- Study/Dining Room/3rd Bedroom
- Available mid July

NEW LISTING

RECTORY WOOD £775 PCM

- One Bedroom Flat
- Refurbished
- Kitchen Appliances
- EPC Rating C
- * Admin Fees Apply
- Next To Hosp/Town
- Available Now


BROADFIELDS £800 PCM

- Two Bed 1st Floor Flat
- Gas Central Heating
- Next To Town
- Part Furnished
- EPC Rating D
- Available Now
- * Admin Fees Apply


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HOME STYLE

With Lesley Taylor

Choose stain- and scratch-resistant tiles in the dining area



UPPING THE TILE STAKES

Why tiles are becoming designers' secret weapon for today's on-trend interiors

For the longest of times, tiles have largely been confined to two main areas; the kitchen and bathroom. But as tile manufacturing has advanced, ensuring tiles are easier to maintain – keeping them looking better for longer – and install, they are fast becoming the go-to for wall and floor coverings across the entire home.

THE ENTRANCE HALL

The entrance hall is the first glimpse most people get into the inside of your home, so here, you really are going to want it to pack a punch in the style stakes. And tiles are a great way of achieving this.

Porcelain tiles are a fabulous choice for this area. Not only are they easy to install, they are extremely hard-wearing, which is a must in such a high-traffic area.

Plus, the wealth of porcelain tiles on the market means you are going to be spoilt for choice when it comes to picking the perfect flooring.

Whether you want something traditional, like a faux parquet, or modern, think bold monochrome patterns, there is something to suit all tastes.

Personally, I love small, rectangular tiles in an entrance hall. They are unashamedly classic and will complement most interiors, but they can also be used to create some fantastic patterns. For a timeless look, stick with herringbone.

Mix different tiles from the same collection to create a stunning finish; such as the Chipboard range from bakedtiles.co.uk



3D, or textured tiles, bring walls to life. Tiles shown are the 3D Curve from The Baked Tile Company



Tiles in the entrance hall will keep this high traffic area in fine form

TOP TILE TIPS

1. Never tiled before? Get expert advice or better still, a tradesman to install.
2. Choose tiles that are easy to maintain and they will look better for longer.
3. Consider carefully where the tile will be used; stain-resistant tiles are a must in a dining area for example.
4. No room is off limits to tiles.
5. If cladding a wall with large format tiles, always get a professional to check it is suitable to take the weight.

THE FEATURE WALL

Bold paint colours and patterned wallpaper have previously been the go-tos when it comes to feature walls. Now there's a new kid on the block. 3D and textured tiles hit the interiors market a few years ago and have been huge ever since. They are effortlessly chic, and really bring walls to life.

The thought of creating your own work of art from tiles can be daunting, so for first-timers I would recommend keeping it simple. Choose a square tile with an effortless pattern, such as a sweeping curve, forgo any attempt at a planned layout and hang in a haphazard manner. It will create a unique wall covering bespoke to your home.

OTHER AREAS

You might think tiles in the living room, dining area or bedroom would be a little cold, but not with the wealth of tiles now available. The choice is endless, and you can use them to great effect.

Flooring wise, a patterned tile can be used to frame specific furnishings or create 'zones' within an open plan living area. It also draws attention meaning you can leave walls relatively simple. Just remember when choosing to pick something classic, not something you will fall out of love with in a few years. Tiling a floor is a big job and not something you'll want to repeat too many times.

The bedroom is the room which allows

you more freedom so anything goes. One of my favourite looks here is when different textural tiles from the same collection are used across the entire room; on both the walls and the floors. This looks particularly good in wood or stone effects. Not only does it give the room a unified look but by using different tiles from the same collection you can create points of interest which truly draw the eye.

■ Lesley Taylor is the author of 10 interior design books and has appeared on a range of network TV shows, including This Morning, giving inspirational advice on home styling.



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Guardian are delighted to offer this one bedroom, top floor flat in Nicholls Field. Additional benefits are gas heating and is close to shops and amenities. EPC - D. Available early August.

Nicholls Field

£670 PCM

Guardian are delighted to offer this third floor, one bedroom flat in Conyers. This property benefits from gas heating, neutral decor throughout and is close to local shops and amenities. EPC - D. Available mid August.

Conyers

£690 PCM

Guardian Residential are delighted to offer this large one bedroom top floor flat in the Stewards area of Harlow. This property benefits from large living space throughout, kitchen goods and gas heating. EPC - C. Available early August.

Peterswood

£725 PCM

Guardian are delighted to offer this spacious two bedroom top floor flat that is in close proximity to the shops and amenities of staple Tye. The property benefits from double bedrooms, new double glazed windows and a new gas heating system. EPC - E. Available early August.

Shawbridge

£825 PCM

Guardian Residential are delighted to offer this large two bedroom ground floor flat in Radburn Close. This property benefits from a balcony/terrace, allocated parking, gas heating and is close to local shops and amenities. EPC - D. Available NOW!

Radburn Close

£875 PCM

Guardian Residential are delighted to offer this two bedroom top floor split level maisonette in Park Court, a short walk from Harlow Town Centre. This property benefits from large living space through out, a garage and is close to local shops and amenities. Awaiting EPC. Available early August.

Park Court

£875 PCM

Guardian Residential are delighted to offer this well maintained two bedroom ground floor flat in Dads Wood, a popular, private development in Harlow town centre. Comprising entrance hallway, two bedrooms, bathroom with shower, lounge and fitted kitchen. EPC - D. Available early August.

Dads Wood

£895 PCM

Guardian are delighted to offer this two bedroom penthouse flat in Mill Court. This property benefits from allocated parking, a private roof terrace, an en-suite to master bedroom and is close to local shops, amenities and Harlow Town train station. EPC - D. Available NOW!

Mill Court

£900 PCM

Guardian are delighted to offer this two bedroom ground floor flat in the Lower Sheering area of Sawbridgeworth. Benefits include secure entry telephone system, large master bedroom, beautiful fitted kitchen with integrated appliances and patio doors opening on to patio area. An ideal home for a professional couple. EPC - D. Available early September.

The Meadows

£900 PCM

Guardian are delighted to offer this three bedroom house with conservatory. Comprising entrance hallway, downstairs bathroom, modern fitted kitchen, lounge, conservatory and three bedrooms to the first floor. Benefits from gas central heating and garden. EPC - D. Available mid July.

Canons Brook

£1150 PCM

Guardian are delighted to offer this three bedroom semi-detached home in the sought after area of Elwood, Church Langley. This property benefits from allocated parking, gas heating and is close to shops and amenities. EPC - D. Available early August

Elwood

£1200 PCM

Guardian are delighted to offer this three bedroom house in the desirable area of Theydon Bois, a short walk to central line tube station. An ideal family home. Property comprising entrance hallway, downstairs WC, kitchen, lounge, three bedrooms and family bathroom. Benefits include garage, rear garden and gas central heating. EPC - D. Available early NOW!

Theydon Bois

£1575 PCM

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Guardian are delighted to present a larger than average two bedroom split level maisonette with private front fully patio garden. Two large double bedrooms, large lounge and kitchen. Walking distance to local shops, amenities and transport links EPC: E

£186,999

Long House, Harlow



Guardian are delighted to offer This superb one bedroom apartment with private southerly aspect roof terrace with scenic views over Harlow town park. The property also benefits from covered allocated parking. EPC: D

£185,000

Mill Court, Harlow



Guardian are delighted to offer this Ideal property, close to local schools, shops and amenities. This well presented three bedroom family home benefits from a Driveway and large rear garden. The property is in good decorative order throughout.

£305,000

Wharley Hook, Harlow



Guardian are delighted to offer for sale this Four / Five Bedroom detached house in the ever popular private area of Church Langley located close to the M11, local amenities and schools. The property overlooks a green in a very quiet cul de sac. EPC: D

£499,995

Wedgewood Drive, Church Langley



Investors Only - Guardian are delighted to present a well presented studio flat in the heart of Town Centre, close to transport links (bus and train station) local amenities. SOUGHT-AFTER private area, perfect for investors! EPC: E

£129,500

Amberly Court, Harlow



Guardian are delighted to offer this Sixth floor flat with a view! Ideal investment or first time buy. This flat has just had a new kitchen and Vaillant combi boiler installed, has a good sized double bedroom, bathroom with electric shower and lounge big enough for a dining room table.

£140,000

Waterhouse Moor, Harlow



Guardian are delighted to offer an immaculate one bedroom flat with LEASE BEING EXTENDED TO 180 YEARS. Larger Dads Wood layout, brand new electric shower, fully tiled bathroom, permit parking. Great first time buy or investment opportunity! EPC: C

£169,995

Dadswood, Harlow



Perfect investment or first time buy! Guardian are delighted to offer you this one bedroom flat in the quite area of Markwell Wood. The flat is situated on the south side of Harlow with easy reach to Epping should you require it. EPC: D

£169,999

Markwell Wood, Harlow



GROUND FLOOR flat in a popular location! Benefiting from a new modern fitted KITCHEN and a fully tiled BATHROOM upon completion makes this ground floor flat a great first time buy, or if you are looking to downsize. EPC: D

£225,000

Coalport Close, Church Langley



Guardian are delighted to offer this good sized affordable three bedroom family home This three bedroom terraced house with a downstairs W/C, could be the one for you? The house would suit a first time buyer looking to get on the property ladder or a buy to let investor. EPC: D

£239,999

Barley Croft, Harlow



Ideally located for easy access to the M11 junction, two bedroom terraced property in the popular Potter Street area of Harlow. The property boasts two large double bedrooms, a modern fitted galley kitchen and large through lounge. EPC: C

£249,995

Pottersfield, Harlow



Guardian are delighted to offer this 3 double bedroom well proportioned family home with garage. The property is in need of refurbishment, but is marketed with this in mind. Features include a recently replaced boiler and private Garage whilst the accommodation comprises 3 double bedrooms

£259,950

Brockles Mead, Harlow



Guardian are delighted to present a two bedroom house in the rarely available private area of Glan Avon Mews. Quiet cul-de-sac location, close to M11 and local amenities. Private parking and low maintenance garden. EPC: C

£269,995

Glan Avons Mews, Harlow



Located in the award winning development of New Hall, Harlow, Guardian have the privilege to present a rare opportunity to acquire a mid terrace two bedroom property. Allocated parking, two large double's and perfect for a family. EPC: C

£290,000

Alba Road, New Hall



Guardian are delighted to offer this LARGE four bedroom semi-detached with drive for two/ three cars, garage and conservatory. Three reception rooms, utility room, large kitchen and three LARGE double bedrooms and a good sized single. EPC: D

£390,000

Great Plumtree, Harlow



Guardian are delighted to present this rarely available five bedroom detached family home in desirable private area of Church Langley. Cul de sac location, converted garage, parking, summer house and many modern features. EPC: D

£575,000

Davenport, Church Langley

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COALPORT CLOSE, CHURCH LANGLEY £385,000

- THREE BED DETACHED
- GARAGE & DRIVEWAY
- EN-SUITE
- TWO RECEPTION ROOMS
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- POPULAR LOCATION
- INTERNAL PHOTOS ONLINE



TORKILDSEN WAY, HARLOW £249,995

- TWO BED APARTMENT
- SECOND FLOOR
- LARGE LOUNGE
- ALLOCATED PARKING
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- SECURE INTERCOM SYSTEM
- INTERNAL PHOTOS ONLINE



PARSONAGE LEYS, HARLOW £330,000

- THREE BED END TERRACE
- DOUBLE ROOMS
- UTILITY ROOM
- CLOSE TO AMENITIES
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- BLOCK PAVED FRONT
- INTERNAL PHOTOS ONLINE



PARK COURT, HARLOW £242,995

- TWO BED SPLIT LEVEL FLAT
- DOUBLE BEDROOMS
- GARAGE EN-BLOC
- LARGE LOUNGE
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- PRIVATE DEVELOPMENT
- INTERNAL PHOTOS ONLINE



NICHOLLS FIELD, HARLOW £315,000

- THREE BED END TERRACE
- GARAGE & PARKING
- MODERN FITTED KITCHEN
- SOUTH FACING GARDEN
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWING RECOMMENDED
- INTERNAL PHOTOS ONLINE



ELM COURT, HARLOW £204,950

- TWO BEDROOM APARTMENT
- SECOND FLOOR
- SECURE INTERCOM ENTRY
- EN-SUITE
- GAS HEATING
- D/GLAZED WINDOWS
- PRIVATE PARKING
- INTERNAL PHOTOS ONLINE



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WHEELS

FIRST DRIVE: Dacia Duster Comfort SCe 115 by David Ward

TAKING COMFORT

AT A GLANCE

- **Model:** Dacia Duster Comfort SCe 115
- **Price:** £13,195
- **Engine:** 1.6-litre 115bhp petrol
- **Transmission:** Five-speed manual gearbox
- **Performance:** 0 to 62mph 11.9 seconds, top speed 107mph
- **Fuel consumption:** 43.5mpg combined
- **CO2:** 149g/km
- **Insurance Group:** 11
- **BiK:** 30%
- **Warranty:** Three years/60,000 miles
- **On Sale:** Now



Romanian car maker Dacia has come a long way since it was taken over by Renault nineteen years ago when at the time they were making the old, rear-engined, rear wheel-drive Renault 8 under licence and calling it the Dacia 1100.

Thanks to subsequent model development courtesy of the French car maker Dacia has quietly established itself here - they've sold over 120,000 car in the past five years - so much so today that it's a recognised brand that offers motorists affordable new cars, well equipped and economical to run all with Renault's proven engineering underpinning.

Extraordinary rising sales at the bottom end of the market has made Dacia a force to be reckoned with and now, again with the help of Renault, they've moved their game on further with the arrival this month of a new version of their small SUV, the five-door Duster.

Keeping it typically Dacia style - simple and no-nonsense - the model line-up remains the same with four trim levels and a choice of either two- or four-wheel-drive and a bargain starting price of £9,995.

Unlike those way back earlier day Dacia there's nothing cheap and nasty about this new Duster which is far more refined in terms of ride and comfort with more standard equipment on board and they are quieter too with interior noise levels dramatically cut by a half.

Although still sitting on the previous platform and with the same compact dimensions there's certainly a more aggressive, muscular and modern look about the car's body while Dacia claim that not one body panel has been carried over.

There's the usual grille at the front, now extended to the headlights at each far corner making it look wider than last time around and all models have new, black aluminium roof bars along with more prominent wheel arches which are edged in black making it look overall more of an off-road vehicle.

It's inside though where the most significant changes/improvements have been made and which includes a totally revamped dashboard with a higher centre console that's better positioned for the driver that contains a multimedia touch screen for much easier use.

The big plus factor inside are the redesigned seats now with more foam that gives far better lumbar and seats with adjustable support and they are excellent and far better than in any rival models.

True, the old seats front and back were a bit on the flimsy side but these new ones are so much better while the overall ambience of the interior has been improved with better quality furnishings and fittings, including smart graphite cloth upholstery with a leather steering wheel.

The other major plus point is the vastly improved ride and comfort quality of the car where it's much quieter out on the road,

thanks to improved sealants and a slightly thicker windscreen, and tweaks to the suspension too.

In terms of engines there's again a choice of two - a 1.6-litre 115bhp petrol or a 1.5-litre 115bhp diesel - and likewise a common five-speed manual gearbox on two-wheel-drive models or on the 4x4 version a six-speed manual gearbox.

The four trim levels start with the Access which has 16-inch steel wheels and electric front windows and then moving up to the Essential (prices starting at £11,595) which has extras like air conditioning, DAB radio with steering column mounted controls and Bluetooth.

Move up to Comfort (prices starting at £13,195) and buyers get 16-inch alloy wheels, rear parking camera and sensors, heated and electrically adjustable door mirrors, the seven-inch multimedia sat nav system and all round electric windows.

The range topping Prestige (prices from £14,395) sits on 17-inch alloy wheels and has multi-view camera, blind spot warning and climate control.

All versions have power steering, ECO mode along with stop/start, gearshift indicator, anti-lock brakes, electronic control and traction control but disappointingly for some drivers only an emergency spare wheel is being offered on the 4x4 models.

This new version has the same boot space as before (445 litres for the 2WDs and 376 litres for the 4x4s) and inside the cabin there

are plenty of cubby holes for the usual storage for families on the move.

This latest Duster does mark a significant all over improvement over the previous original model and with the subtle changes made in effect give it more of an up-market feel about but of course still retaining that crucial factor of being affordable.

Briefly driving the Comfort model with its price of £13,195 it proved to be competent, certainly comfortable and cosy whilst for the driver it was remarkably quiet, with a decent and efficient petrol engine that returns just over 43mpg on a steady cross-country 150 mile or so test run.

As for which one to buy that's down to individual needs and finance but this Comfort model seems extraordinary good value for the money.

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WHEELS

ROAD TEST Jaguar I-PACE by John Murdoch



ELECTRIC REVOLUTION

JAGUAR is about to start its electronic revolution and I have just become one of the first to sample the company's new all-electric I-PACE - for a fantastic 15 minutes.

The stunning I-PACE has a top speed of 124mph and a 0 to 60 acceleration time of 4.5 seconds while producing zero emissions.

Penned by Scot Ian Callum Jaguar's director of design the futuristic I-PACE has no European rivals at present and is more than a match for the Tesla competition.

Moreover, the I-PACE has a potential range of almost 300 miles on a single charge putting Jaguar at the forefront of current battery technology.

Ian Callum told me he has always wanted to produce a vehicle with a 'cabin forward' design theme and short front overhang and the

I-PACE provided the opportunity.

It sits in between the E-PACE and the top selling F-PACE, and the design means that there is an astonishing amount of room inside as well as a 656 litre boot - extending to 1,453 if you collapse the rear seats - and space for 25 litres more under the bonnet.

It sits on giant 22-inch wheels and has a striking on road presence while still being clearly a Jaguar.

It is powered by two electric motors - one on each axle - with a combined 400ps and 696Nm of torque on tap. The power is instant when you touch the pedal and the smooth acceleration takes your breath away.

The 90kWh battery pack is situated at the bottom of the car helping to create a low centre of gravity and boosting the grip.

It can be charged in just 45

minutes from a rapid charger or around 10 hours from a normal socket. My time was limited because we did not have access to a rapid charger.

Weighing it at some 2.13 tonnes the Jaguar is hefty but considerably lighter than other similarly-sized electric vehicles and comes with a

number of drag-reducing aerodynamics including active vanes in the front grille, retractable door handles and a rear roof-mounted spoiler.

It is not being produced in the UK but alongside the E-PACE at Graz in Austria as part of JLR's recent deal with Magna Steyr.

Inside, the I-PACE is also futuristic with a new-look cockpit featuring the Touch Pro Duo twin screen display, a 12-inch multi-mode instrument panel and a head-up display for the driver.

The I-PACE also makes use of the Alexa voice control service and comes with

advanced technology which includes automated software updates and a predictive Artificial Intelligence system which can configure the vehicle to an individual's preferences as they approach the car.

As there is no transmission there is stacks of room and five adults can travel in real comfort as the car offers almost three feet of legroom in the rear.

It looks great and is very practical but it is the effortless performance that really puts a smile on your face. It is so quiet that you really have to watch the speedo to see just how fast you are travelling and it is the first all electric car that I have really enjoyed driving.

It goes on sale soon starting at £58,995 and its rakish good looks and superb technology will mean that Jaguar has another winner on its hands.



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WHEELS

ROAD TEST: Suzuki Swift 1.0 Boosterjet SZ5 by Mike Torpey

AT A GLANCE

- **Model:** Suzuki Swift 1.0 Boosterjet SZ5
- **Price:** £15,499
- **Mechanical:** 111bhp, 998cc, 3cyl petrol engine driving four wheels via 5-speed manual gearbox
- **Max speed:** 121mph
- **0-62mph:** 10.6 seconds
- **Combined mpg:** 65.7
- **Insurance group:** 9
- **CO2 emissions:** 97g/km
- **BiK rating:** 20%
- **Warranty:** 3 years/62,000 miles



FAMILY-FRIENDLY SWIFT

Six weeks down the line and our Suzuki Swift is fast becoming one of the family.

That's the sort of car the Swift is – one you can take to quickly and feel welcome and comfortable in its company.

Given that this model is the top spec SZ5 it is still fairly basic in the cabin, majoring on the essentials rather than being awash with trendy-looking kit.

And if we're being honest, you soon become so accustomed to the particular interior of a car that after the first few journeys you don't even notice it anyway.

Just as well because the cabin is dominated by brittle black plastic that could do with more of a soft-touch.

But the Swift is certainly a comfortable conveyance, with front seats that are easy to adjust plus fore and aft adjustment for the steering wheel.

The principal controls are



all accessible – in part due to a centre console turned five degrees towards the driver – robust and simple to operate.

All Swift models come with a DAB radio plus Bluetooth, LED daytime running lights and electric front windows but the SZ5 adds a seven-inch colour touchscreen with Apple CarPlay, Android Auto and MirrorLink for smartphone integration along with the real boon of a

reversing camera.

You also get air-con, 16-inch polished alloy wheels, keyless entry and start, electric rear windows, LED headlamps, six speakers and Adaptive Cruise Control.

Visibility, both front and back, is excellent too, as is the driving position while sat-nav is also a welcome inclusion to this flagship model.

Slight improvements in both width and length



compared to the previous Swift ensure more than adequate interior space, though it can be tight for three across the back.

And stowage is well catered

for, with a door bins capable of carrying a 500ml bottle, a shelf for cards and change, a pair of cupholders, a well behind the handbrake and a good sized glovebox.

As for flexibility, the rear seats split and fold 60/40 while the boot is on the small side, though 25 per cent bigger than before – fine for shopping, less so for golf.

WHEELS

ROAD TEST: Honda Civic Type R GT by Jon Smith

IT'S been around for a couple of decades now. The shape may have changed, the power has increased but the recipe has remained constant.

The Honda Civic Type R has always been a no-nonsense, seat-of-your-pants drive for the owner who puts performance and handling above creature comforts.

Except now that formula has been slightly tweaked, allowing the Japanese answer to the GTi to have a slightly wider audience.

Instead of a ride that's harsh enough to rattle the fillings in your teeth, the fourth generation model has discovered a new compliance that means it is actually comfortable over decent surfaces and much more tolerant of Britain's pock-marked and scarred roads.

It couldn't be accused of 'going soft' because the damping remains resolutely firm with negligible body roll. Of course, if you lust after iron-man harshness throw the toggle switch on the transmission tunnel out of comfort and into Sport and you'll enjoy – if that's the right word – a serious

stiffening of the suspension. The +R mode takes things a final step further but is recommended for mainly track use.

So there's little mistaking the Type R's intent. With huge tail spoiler, side skirts and a deep front air dam complete with gaping air intakes it shouts its performance message loud and clear. And with 316bhp available from the 2.0-litre turbocharged engine the promise is fulfilled in spades.

Just to put things in perspective, it will hit 100mph in little more than 12 seconds, passing 62mph in just 5.7 seconds. Top speed is given at 169mph. A few years back, this would have been supercar territory. And even today, it will give a Porsche Boxster a good run for its money, despite being the best part of £20,000 cheaper.

Unlike most rivals with similar or greater power, the Honda is engineered with front drive alone. Despite the lack of all-wheel drive it's easy to get away from the line smoothly and there's little sign of steering-tug accelerating hard out of bends.

Typically Honda, the VTEC engine is a high-revver with the red line set at 7,200rpm. The power is constant and relentless with ample torque and a smooth flow of acceleration throughout the delivery. A tiny gear lever operates the short-throw six-speed box and is a pleasure to use as the engine spins through a symphony of sound.

Steering, though obviously power assisted, is relatively heavy yet rewardingly precise. There's not a huge amount of road feel though. And it pays when cornering fast to watch out for cursed potholes – it's too easy to clip one and damage both the 45 profile tyres and those smart 20-inch alloys.

Despite its huge driver appeal, the Type R is an immensely practical hatch. The boot is family-sized being capable of carrying 420 litres of luggage and there's genuinely enough room for four full-size adults in the comfortable cabin. Those in the front are accommodated in figure-hugging sports seats.

Considering the abundant power, fuel consumption of close to 30mpg in normal

SPORTY TYPE



running is pretty good.

The GT version tested costs a couple of grand more but the spec includes dual zone air con, sat nav, better

audio system and LED front fog lights.

Few rivals can meld together so successfully the character of tearaway sports

car and practical aspect of a hatchback.

It's good to see the legend living on in the current Type R.

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15 (65)	Suzuki Vitara SZ 1.6 Petrol, White, 17,000 Miles, Air Con, E/Windows, R/C Locking, Alloys.....	£10,899
17 (67)	Kia Picanto '3' 1.25 Auto 5dr, Red, Only 8,000 Miles, Sat Nav w/ Reversing Camera, Bluetooth, Alloys, Climate Control, Air Con, Cruise Control, E/Windows, Under Kia Warranty Until 09/2024.....	£11,495
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12 (62)	BMW 328i M-Sport, White, 29,000 Miles, BMW FSH, Leather Interior, Cruise Control, Special Alloys, Outstanding Condition With 12 Months Warranty.....	£14,955
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17 (17)	Kia Carens '2' 1.6 7-seater MPV, Met Black, Delivery Mileage – Save £1000's Against New Price! Sat Nav w/ Reversing Camera & Rear Parking Sensors, Air Con, E/Windows, Under Kia Warranty Until 10/2023.....	£16,990
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17 (67)	Kia Sportage 'GT Line' 1.7 Diesel Auto, Met Red, 5,000 Miles, Ice Cube Front Fog Lamps, Two-Tone Leather Interior, Push Button Start, Sat Nav w/ Reversing Camera, Bluetooth, Special Alloys, Under Kia Warranty Until 10/2024.....	£22,990

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2016 (66) Land Rover Range Rover Sport 3.0 Automatic HSE,

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£49,995 - £P0A per week

2010 Land Rover Range Rover Sport Tdv6 Hse 3.0L,

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£19,995

2015 (64) Kia Sportage 1.7 Diesel,

Blue, Alloy Wheels, Air Con, Bluetooth, Cruise Control, E/Windows, E/Mirrors, CD Player, AUX, 36,000 miles only

Sale Price £12,495 - £99 per week

2000 (W) Jaguar XKR Supercharge Automatic,

Silver, Alloy Wheels, Climate Control, Cruise Control, Leather Seats, E/Windows, E/Mirrors, Remote Locking, 69,000 Miles, Stunner

£9,995

SUV

2015 (65) Nissan Qashqai 1.2,

Blue, Alloy Wheels, Air Con, SAT NAV, Front & Rear Cameras, Panoramic Roof, Cruise Control, Parking Sensors, Remote Locking, E/Windows, E/Mirrors, 14,000 Miles only,

£14,995 - £P0A pw

2015 (64) Kia Sportage 1.7 Diesel,

Blue, Alloy Wheels, Air Con, Bluetooth, Cruise Control, E/Windows, E/Mirrors, CD Player, AUX, 36,000 miles only

Sale Price £12,495 - £99 per week

2015(15) Renault Capture 1.5 dci, Grey, Alloy Wheels, Air Con, SAT NAV, Cruise

Control, Parking Sensors, Reversing Camera, Remote Locking, E/Windows, E/Mirrors, Bluetooth, 44,000 miles

£9,995 - £62 per week

2013 (63) Vauxhall Mokka 1.6 Black, Alloy Wheels, Air Con, Remote Locking, Heated

leather seats, Cruise Control, Parking Sensors, Remote Locking, E/Windows, E/Mirrors, CD Player, 29,000 Miles only,

£9,995 - £62 per week

2011 (61) Nissan Qashqai N-Tec

grey, panoramic roof, reversing camera, sat nav, e/windows, e/mirrors, alloys, remote locking, 49,000 miles

£8,995 - £57 per week

Hatchback

2015(15) Renault Capture 1.5 dci, Grey, Alloy Wheels, Air Con, SAT NAV, Cruise

Control, Parking Sensors, Reversing Camera, Remote Locking, E/Windows, E/Mirrors, Bluetooth, 44,000 miles

£9,995 - £62 per week

2014 (14) Vauxhall zafira 1.8 grey,

alloy wheels, air co, remote locking, 7 seater, parking sensors, cruise control, E/Windows, E/Mirrors, CD Player, 29,000 Miles

£8,995 - £57 per week

2012 (12) Ford Focus titanium 1.6 dci, alloy wheels, Air Con, Remote Locking,

Parking Sensors, Cruise Control, E/Windows, E/Mirrors, CD Player, £20 a year tax 50,000 Miles

£7,995 - £52 per week

2014(14) Vauxhall Zafira 1.8 Grey, Air Con, Remote Locking, Parking Sensors,

E/Windows, E/Mirrors, 7 Seater, CD Player, 54,000 miles

£7,495 - £47 per week

2013(63) Renault Clio 1.5 dci, alloy wheels, Air Con, SAT NAV, Cruise Control,

Remote Locking, Bluetooth, E/Windows, E/Mirrors, 47,000 miles

£6,995 - £45 per week

2013(63) Vauxhall Corsa 1.2 Limited Edition, Orange, Alloy Wheels, Air Con, Cruise

Control, Remote Locking, E/Windows, E/Mirrors, CD Player, 54,000 miles

£5,695 - £36 per week

2013 (62) Vauxhall Corsa,

1.2 Limited Edition, Red, Black Alloys, Air Con, Remote Locking, Cruise Control, E/Windows, E/Mirrors, CD player, 32,000 miles only,

£6,495 - £41 per week

2005 (05) Ford Mondeo 2.0 TDCI, alloy wheels, Air Con, Remote

locking, Cruise Control, E/Windows, E/Mirrors, CD Player, 28,000 Miles

only £2,695

Small Cars

2015(15) Ford Fiesta 1.2 Black, Alloy Wheels, Air Con, Remote Locking, Bluetooth,

E/Windows, E/Mirrors, CD Player, 21,000 miles

only £7,495 - £47 per week

2015 (15) Ford Fiesta 1.2,Gold,

Air Con, Remote Locking, E/Windows, E/Mirrors, AUX input, CD Player, 38,000 miles,

£6,995 - £45pw

2013(13) Vauxhall Adam 1.2 Red, Alloy Wheels, Air Con, Cruise Control, Bluetooth,

Remote Locking, E/Windows, E/Mirrors, CD Player, 19,000 miles

only £6,795 - £42 per week

2011 (11) Mini Cooper D,1.6, Diesel

Goodwood Green, e/windows, e/mirrors, cruise control, CD player, alloys, half leather, Diesel, air con

£6,695 - £42 per week

2015 (65) Ford Fiesta 1.5 Diesel,

Air Con, Remote Locking, E/Windows, E/Mirrors, 5 Door, Aux Input, CD Player, 54,000 miles,

£6,995 - £45 pw

2013(13) Ford Fiesta 1.2 White, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/

Mirrors, Bluetooth, CD Player, 20,000 miles

only £6,495 - £41 per week

2015 (15) Peugeot 208 1.0, 5 Door, Grey,

Alloy Wheels, Air Con, Bluetooth, Cruise Control, e/ windows, e/mirrors, cd player, remote

locking,m, 23,000 miles only,

£6,495 - £41 pw, £0 a year tax

2013 (63) Ford Fiesta 1.2 Red, Alloy Wheels,

Air Con, Remote Locking, E/Windows, E/Mirrors, Bluetooth, Aux Input, CD Player, 38,000 Miles,

£6,495 - £41 pw

2014 (14) Vauxhall Corsa, 1.2,

3 door, Red, Alloy Wheels, Air Con, Heated half leather seats, heated steering wheel remote locking, E/Windows, E/Mirrors, CD Player, AUX input, 27,000 Miles only,

Sale Price £5,995 - £38 per week

2013(63) Vauxhall Corsa 1.2 Limited Edition, Orange, Alloy Wheels, Air Con, Cruise

Control, Remote Locking, E/Windows, E/Mirrors, CD Player, 54,000 miles

£5,695 - £36 per week

2013 (63) Peugeot 107 1.0 Blue,

Air Con, Central locking, E/Windows, CD Player, 14,000 miles only, £0 a year tax

£5,395 - £35 pw

2012(12) Ford KA 1.2 White, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/

Mirrors, Bluetooth, CD Player, 20,000 miles only

only £4,995 - £30 per week

2010 Citroen DS3 1.6 Blue, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/

Mirrors, Parking Sensors, CD Player, 60,000 Miles,

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2009 (09) Bentley Continental, 6.0 Automatic,

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1.8ltr, 2005, Silver, Convertible, 120000 mls, avg cond, 11 mths mot, S/S/H, ABS, alarm, immob, alloys, CD, C/L, airbag, E/M, E/W, h/seats, PAS. Everything works as it should. Grab a nice convertible for the summer. This is a good looking car.

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FORD FIESTA FETEC CLIMATE

1.4ltr, 2008, Black, 5 Door Hatchback, only 65000 mls, VGC throughout, 5 mths mot, FSH, all extras.

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Kia

KIA PICANTO SE



1.1ltr, 2004, Blue, 5 Door Hatchback, 79400 mls, excellent condition. 9 mths mot, Service History, lovingly cherished and maintained by young lady owner. Air Conditioning, immob, alloys, CD, C/L, airbag, E/W, pascar was purchased as first vehicle and now reluctantly being sold due to family changes. Any inspection welcome. No time wasters please

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£7,000 ovno

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PEUGEOT 207 URBAN



1.4ltr, 2007, Black, 3 Door Hatchback, 76,000, F/S/H, new clutch. Very clean car!

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1.6ltr, 2003, Black, Convertible, 91,000 mls, F/S/H.

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Mercedes Benz

MERCEDES-BENZ S350 BLUEEFFIC L CDI A

3.5ltr, 2010, Silver, 4 Door Saloon, immac cond, 12 mths mot, FDSH, ABS, A/C, alarm, immob, alloys, CD, C/L, airbag, E/M, E/W, h/seats, PAS, sat nav, panoramic S/Roof, tv screens in front and back. Excellent condition.

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OIL FILTER MADE BY CROSLAND 110271US. This was bought for my 2010 Suzuki Grand Vitara which had the Renault 1.9 Diesel engine. I believe it will fit other Renaults, some Fords, Volvos and Mazdas. You will need to check your manual or online to see if it fits your car. Other equivalent part numbers are Bosch 0451 103 336, Mann W75/3, Hengst H11W02 and Mahle OC467. £2 01438 318734

PARCEL SHELF for Toyota Yaris older model, hardly used £20 Tel: 01277 652018

PEUGEOT 206 DRIVERS DOOR, suitable for all of the 3 door versions with electric window and is in good condition £40 ono Tel: 01702 231002

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178a New London Road, Chelmsford, Essex, CM2 0AR
 Required for September 2018

AFTER-SCHOOL CARE ASSISTANT

St Cedd's School is seeking to appoint an Assistant for the After-School Care Club (TLC) (15:00-18:00).

The hourly rate of pay is in line with the national living wage and paid on the 28th of each month.

You could work any combination of days, from one day to a five-day week.

The Application Form/Job Description are available at the School website: www.stcedds.org.uk

Employees of St Cedd's School have a responsibility for, and must be committed to, safeguarding and promoting the welfare of children and young people and for ensuring that they are protected from harm. Appointment is subject to satisfactory references and a DBS and Barring List check.

Closing Date: 12noon 13/7/18
 Interview: TBA

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 Required for September 2018

PERIPATETIC GUITAR TEACHER

St Cedd's School is seeking to appoint an experienced, specialist Guitar Teacher.

Instrumental teachers at the School are self-employed, they invoice the parents direct and must comply with the St Cedd's School regulatory policies and protocols.

The Application Form can be downloaded from the School website: www.stcedds.org.uk

Employees of St Cedd's School have a responsibility for, and must be committed to, safeguarding and promoting the welfare of children and young people and for ensuring that they are protected from harm. Appointment is subject to satisfactory references and DBS and Barring List checks.

Closing Date: 12 noon 13/7/18
 Interviews: To be arranged with the candidates (including a lesson observation with one of the School's current guitar pupils)

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September 2018 £9,565 pa

We require two people who enjoy working with children and have a willing and flexible 'can do' attitude. Monday to Friday, term time only, midday-5.30pm. Please visit <http://www.saintnicholasschool.net/contact-us/staff-vacancies/> for an application form and job description. Applications must be made on an official application form and sent to Julie Bradley by Friday 13th July. Hobbs Cross Road, Old Harlow CM17 0NJ 01279 429910 heads_pa@saintnicholasschool.net Saint Nicholas School is fully committed to safeguarding and promoting the welfare of children, young people and other vulnerable groups and expects all staff, parents and volunteers to share this commitment. Please see the job description for full details



Required September 2018 FEMALE LEARNING SUPPORT ASSISTANT-Harlow

FOR PUPIL WITH PHYSICAL/
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Salary: £6883-£7396

Fixed term contract whilst needs of the pupil are assessed in line with her EHP

Hours: 8:15 am-11:45 am, five days pw

Duties:

- Work in a team, taking responsibility for the progress of the child.
- Working with the child on an individual basis/supporting in a group.
- Assist with personal care
- Managing specialist equipment/following programmes provided by outside agencies.

Closing date: 5/7/18
Interviews: 11/7/18

Application forms are available from our website:
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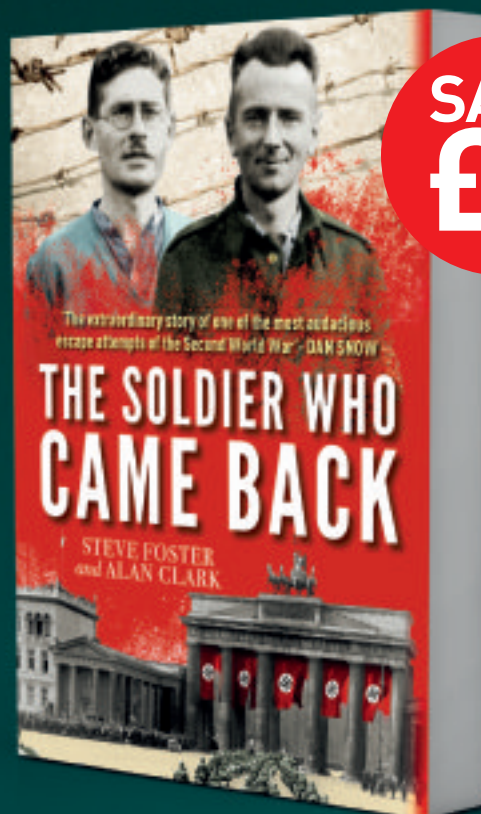
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24/7 Advertising for private and trade

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ALL RAILWAY
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BY COLLECTOR,
STATION NAME SIGNS,
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BOX INSTRUMENTS,
LOCOMOTIVE ITEMS
ESPECIALLY FROM
HERTFORDSHIRE AREA
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COLLECTIONS WANTED
FROM ANY STATION
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IN ANY CONDITION

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brains music world
Any vinyl Records
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78s eps. hifi systems/
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players mostly anything
to do with music. We will
come to you have a look
viewing cost nothing.
All our calls have been
successful, because we
take everything no
cherry picking and give
good prices. just call
speak to sue or myself
SUE 07943056917/
BRIAN 07534142506

Tel: 01245 690062

or 07534142506

FOOTBALL PROGRAMMES WANTED

Local collector seeks
especially pre-1970
Items, Finals, European,
England, Spurs, Arsenal,
West Ham, Chelsea etc
and Whole Collections.

01245 358660

**Self-serve it
FOR FREE**

24/7
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Family

24/7 Advertising for private and trade

Baby & Children

BOY CLOTHES aged 8-10 40 items,
shirts, T's, jeans, jackets inc several
Benetton, Quiksilver, Timberland, Levi's
& 2 old Barca kits. VGC £40 Tel: 01376 573492

WIDFORD LODGE blazer chest 28,
zip up fleecy hood, school back-
pack. Blazer is unisex. £25 Tel: 01245
259245 or 0773445193

CRGS BLAZER Size 34 - only
worn for 5 weeks, as good as new
£50 Tel: 01376 573492

Baby & Nursery Equipment

**SILVER CROSS
INFANT CARRIER**
Silver Cross Simplicity Infant
Carrier (baby car seat)
birth to 29lbs/13kgs. Never
been used still boxed.

£140.00

Tel: 01245 469585

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yellow, green. Suitable from 6
months, in very good condition. £8
Tel: 01277 652018

CHILD SEAT and tray made of
wood. £10 Tel: 07788 190709 or
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with it. £5 Tel: 01245 250582 or
07811302642

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blue, v.g.c. £15.00 Tel: 07508 474932

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BUOYANCY And Lifejackets Babies
to Children, all good condition. Don't
take a chance when they're messing
about on the water! Items FROM £10
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FOSTER Carers Needed Urgently
We urgently need foster carers in
all over Hertfordshire. If you have a
spare bedroom, time and
commitment, you can be part of
the team improving children's lives.
We provide free training, support
and local staff to help and support
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fostering allowance of up to £650
per week per child (depending on
Children's needs). If you think you
can make a difference to someone
life, apply now. £1 01582 433775
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Prams & Pushchairs

BRITAX B-DUAL Double Stroller
and baby cot in charcoal grey.
Very clean condition with covers and
manual. Fits with Britax strollers, etc.
£40 Ono Tel: 01245 460554

MOTHERCARE JIVE Stroller frame-
light aluminium frame, pink/red
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£25.00 Tel: 07508 474932

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LOUIS VUITTON Inspired Trouville/
Desville like handbag - ideal for
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available, preloved. Clean interior.
Bargain £70 Ono Tel: 01277 363696
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leather handles and trim. Pcs avail-
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small size. Both leather one with
side pocket. Excellent condition. £35
each. £35 Tel: 01245 440306 or
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QUALITY MATCHING suitcases in
grey 21" high x 12" wide x 10"
deep, with pull trolley handle, hardly
used. vgc £15 each or the pair for
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BACKPACK QUALITY Outdoors back-
pack suitable for travelling. 60 litres
capacity (blue) only used once, vgc
£20 Tel: 01277 652018

HOLDALL LARGE, Ricardo Beverly
Hills with carrying handle and trolley
handle for easy wheeling. £20 Ono
Tel: 01277 652018

Bicycles & Accessories

GIRLS BICYCLES Girls bike, make
universal, made in the 1990s, 26
inch wheel only used a couple of
times, kept in garage but need new
tyres £15 Ono Tel: 01279 325480

LADIES/GIRLS MOUNTAIN Bike
Rayleigh, Monterey, mountain bike
17" frame 26" wheels with 18 shi-
mano gears. Very good condition.
Hutton area. £60 Ono Tel: 07946
522855

STABALISERS PAIR in good condi-
tion £10 Ono Tel: 01702 231002

KIDS bikes. One girls and one
boys bike. Both very good
condition. To suit 6 to 10 year olds.
Bargain price each. £25 O1462
639410 07833 626029

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Magazines**

RAILWAY MODELLER MAGAZINES
From 1999 to 2015/50 pence each,
will sell 10 magazines for a £4 or
make me an offer for the lot! £1
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SEWING BINDERS Successful sew-
ing 4 complete binders with paper
patterns colour photos in three bind-
ers. Was a collect weekly set. £10
Tel: 01245 259245 or 07733 445193

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LOUIS VUITTON "MONTORGUEIL"
Absolutely fabulous and at silly
price. GUARANTEED authentic,
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monogram print. Pcs avail. No of-
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363696 or 07748934743

NEW LOUIS Vuitton "THAMES" hand-
bag - quilted monogram (LV) with
leather trim, unused Xmas present,
absolutely gorgeous, brass zips 38"
handles, pcs avail by email. Bargain
£90 Ono Tel: 01277 363696 or
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BURBERRY AUTHENTIC Bucket
drawstring bag in beige check. Clas-
sic, preloved, Bargain for Spring. Of-
fers available. Lovely for clear out.
Tel: 01277 363696 or
07748934743

ITALIAN PURE WOOL SUIT by
Miano Baruffi, dark blue, double
breasted 44" chest, trousers 38"
waist/33" length only worn once, ex-
cellent condition £75 Ono Tel: 01277
652018

LOUIS VUITTON preloved "Tivoli in
blue" condition, no prov hence price.
Leather handles and trim, pcs avail
by email. Gorgeous grab bag. RRP
£550, used £80 Ono Tel: 01277
363696 or 07748934743

LOUIS VUITTON "BOETIE" Cowhide
leather handles and trim. Pcs avail-
able by email. Monogram LV. Canvas, fab-
ulous, 1st preloved 599 Ono Tel: 01277
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Clothes for Her

ORIGINAL GUCCI loafers (ladies size
37-4). Leather, choc brown with new
soles (Gucci) still showing - FAB-
ULOUS. Bargain, pics avail £99 Tel:
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PAUL SMITH paul smith art deco
black leather wallet with a painted
semi dressed lady on a telephone
the interior boxed with a dust
bag unwanted present £35.00 Ono
Tel: 01277 363696 or 07748 530313

BLAZER GEGGIO Armani powder
green blazer brass buttons 42 chest
very smart worn only a few times.
£50 Ono Tel: 01277 363696 or
07748 530313

COAT MENS (M&S) formal dark grey/
black, double breasted, wool/cashmere
coat, never worn, size 37/38 chest.
£45 Tel: 07736 166551

CORBY TROUSER PRESS Model
7700 - mahogany, 3 heat pro-
grammes and 15, 30 or 45 minute
settings. Excellent condition £50 Tel:
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DEBENHAMS LEATHER and suede
Leg sleeves with back zip. Convert
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LADIES SUIT jacket and skirt by
Austin Reed, size 12, dark navy with
fleck, never been worn cost £330,
price tags still on garments £85 Ono
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LOUIS VUITTON Authentic Bags for
sale. Various, guaranteed, photos
avail. Bought in London with certifies.
From £100 Tel: 01277 363696 or
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PURE WOOL SUIT double breasted
jacket 46" chest, trousers 40" waist,
32" long 12, dark navy with
fleck, never been worn cost £330,
price tags still on garments £85 Ono
Tel: 01277 652018

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avail. Bought in London with certifies.
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TRICOT PRESS Corby Model 7700 -
mahogany, 3 heat programmes and
15, 30 or 45 minute settings. Ex-
cellent condition £55 Tel: 07736
166551

USA ARMY Clothing jacket, shirts,
sweaters, gloves, poncho, scrim net-
ting £65. USAFA CAMMO jackets,
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gain £85 Tel: 01277 200530

ADIDAS SPORTS Jacket/Coat Small
Men/Boys (age 15) quilted, black -
excellent condition £5 Tel: 07736
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DUNLOP STEEL TOE Safety foot-
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condition. worn once £12 Ono Tel:
01702 231002

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2 ladies pure wool scotch orig.
tartans size 18 both. bargain £40 Tel:
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HE VIZ bomber jacket made by
Timco code hvjxjg XLarge size un-
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black jeans W30 L30 (were £10
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LADIES COAT ladies camel coat
from next size 10 in very good
condition. £20.00 Ono Tel: 01245
259273

LADIES COAT Next Maxi Overcoat.
80% wool. Navy blue. Size 12. Ex-
cellent condition. £10 Tel: 01621
893321 or 07887842073

LEATHER JACKET black leather
biker style with tassels, size small,
hardly worn, a bargain £30 Tel:
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NIKE HOODED Gilet Royal blue
12-15 chest 152-155
£3.00 Tel: 01245 252849

STEEL CAPPED Safety Shoes, black,
size 6 in excellent condition
£12 Ono Tel: 01702 231002

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and save time**

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Hunter Tall Wellingtons in red only
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MOBILITY WALKER**
Fitted with brakes, seat
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Folds to fit car boot.
Used once.
Call after 6pm.
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LOTS OF teddies I'm selling lots of
teddies for £3 each. All is rea-
sonable condition. Interested please
contact me. They all need to go to
good homes. £3 Tel: 07484 721693
or I_m_delfoe@icloud.com

PIXEL CHIX Mattel Electronic Toy
Set. 2x baby sitter single storey
houses & 2x two storey houses one
with roof pool & Car Units can be
linked together. VGC £5.00 Tel: 01277
655272

TOY RACE track with 2 cars. Chil-
drens racing car track to cars which
run on 2 x AAA batteries press
head of driver down to switch on
car. Chelmsford £5.00 Tel: 01245
252849

BUILD-A-BEAR. VARIOUS animals
(leopard, cat, bears) each with 2
outfits, shoes and accessory. Ex-
cellent condition. CM8 area. £8 Tel:
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GIRLS ROLLER BOOTS GIRLS
FIRESTAR Roller Derby boots white/
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£15.00 Tel: 07976 637208

HEELIES SIDEWALK X HEELIES
Childrens 1 1/2 Black with white soles
& 2 green inners & laces very
good condition hardly worn WITHAM
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LARGE 48 piece puzzle Racing car
track puzzle can be used to race
your cars round when complete
boxed. Chelmsford £3.00 Tel: 01245
252849

BARBIE SCOOTER Barbie 3 wheeled
scooter. Barbie roller skates and pro-
tective pads. £4 Tel: 01376 573492

BUILD-A-BEAR DOG white and
brown with red collar, with
sunglasses. 46cm. Excellent condition.
CM8 area. £8 Tel: 07904 032702

CHILDRENS SLIDE Wavy Slide ap-
prox 55 inches high x 88 inches
long Chelmsford £5.00 Tel: 01245
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HEX BUGS Nano boxed set. Nano
racerway build your own habitat. Comes
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PICK UP Truck. Large pick up re-
covery truck with noises and motion
Chelmsford see my other toy adds
£3.00 Tel: 01245 252849

PINKY PUNK 20 piece puzzle Puzzle
suit 1-3 years good condition boxed
Chelmsford see my other toys £2.00
Tel: 01245 252849

BARBIE dolls each with two complete
outfits. CM8 area. £8 Tel: 07904
032702

MEGA BLOKS dump truck Mega
Blocs dump truck with lots of bricks.
Chelmsford £5.00 Tel: 01245 252849

TOY DUSTCART Large green dustcart
with noises Chelmsford £3.00 Tel:
01245 252849

TP SLIDE Blue plastic TP slide
only no frame with fittings. Chelms-
ford £10.00 Tel: 01245 252849

Toys & Games

ZIP SCOOTER Girls As good as
new - pink and white in colour £10
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Watches & Jewellery

MIXED JEWELLERY job lot of
mixed jewellery consisting of watches
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necklaces, ideal for a flea market
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259273 or jennypoulter@btinternet.com

MIXED JEWELLERY job lot of jew-
ellery consisting of watches rings
bracelets necklaces brooches ideal
for a flea market or boot sale.
£30.00 Tel: 01245 259273 or
jennypoulter@btinternet.com

RADLEY WATCH brand new stain-
less steel with pink face and strap
make an ideal valentines present
£84 inround presentation box. £50.00
Ono Tel: 01277 363696 or
07748503013

ASCARI WATCH Ascari Amereto Gold
plated watch quartz with date excel-
lent condition fit small wrist WITHAM
£35.00 Ono Tel: 07976 637208

CHAMILLA BRACELET brand new
love heart bracelet in presentation
box and bag original £150 ideal for
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THERAPEUTIC
MASSAGE**
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and stress relief

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Aquaria, Fish & Accessories

FISH TANK Aeration fish tank, 40cm
high x 28cm wide x 19cm depth
includes rocks, stones, pebbles, bio
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FOR SALE**
Ready Now • £80 Each
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Dogs



BLUE KC REG SHAR PEI

Blue & Lilac. Boys & Girls. Kennel Club Registered. Vaccinated. Microchipped. Insured. Full Puppy Pack & After Care Supplied. Raised in the home with young children.

£1,000

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Pet & Accessories

CAGE EXO terra plastic faunarium 37cm x 27 x16. £4 Tel: 01245 355418

Pet Grooming

HOME COMFORTS

Dog Grooming Salon based in Sawbridgeworth. Also Mobile. Call Samantha 01279 601010, 07768 078126

Self-serve and save time

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24/7 Advertising for private and trade

Horses, Ponies & Riding

MANAGE DRESSAGE letters for use in the mane. Made in strong plastic 36 x 40 cm 8 green letters on yellow background £40 Tel: 01245 440396 or 07788 190709

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24/7 Advertising for private and trade

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★ Installation & repairs
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★ Sky, Freesat, Freesat
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★ Free estimates
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07889 413773
www.visual-solutions.org.uk

LOW NOISE Block Down Converter (LNB), 4 outputs suit 2 Sky Plus boxes or similar, brand new still boxed £10 ono Tel: 01702 291002

Self-serve it FOR FREE

24/7

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Pet Grooming

MUTZ KUTZ DOG GROOMING

Qualified / Insured. Former Veterinary Nurse, Collection / Delivery.

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Sold £10

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Audio Equipment

*** VINTAGE HI-FI WANTED ***



*** VINTAGE HI-FI WANTED ***

Record Players: Garrard Models 301 or 401. Thorens TD 124 or 125, Linn LP12, Voyd or EMT 927 / 930. Transcriptors, or Townshend

Speakers - Large Old: Tannoy, Westrex, Western Electric, Lowther or Vitavox (pre 1960 cinema speakers) or Small Rodgers, Chartwell monitor speakers.

Valve Amplifiers: Quad, Radford, Leak, Westrex or Western Electric. Solid state: Quad, meridian or Lecson

*** RECORD COLLECTIONS ALSO WANTED ***

Modern Jazz, Folk, Progressive Rock, or Blues Considered

Can you help? Cash on Collection

*Please Call Matthew On:

07990 738850



*** VINTAGE HIFI WANTED ***

*** VINTAGE HI-FI WANTED ***

Record Players: Garrard Models 301 or 401. Thorens TD 124 or 125, Linn LP12, Voyd or EMT 927 / 930. Transcriptors, or Townshend

Speakers - Large Old: Tannoy, Westrex, Western Electric, Lowther or Vitavox (pre 1960 cinema speakers) or Small Rodgers, Chartwell monitor speakers.

Valve Amplifiers: Quad, Radford, Leak, Westrex or Western Electric. Solid state: Quad, meridian or Lecson

*** RECORD COLLECTIONS ALSO WANTED ***

Modern Jazz, Folk, Progressive Rock, or Blues Considered

Can you help? Cash on Collection

*Please Call Matthew On:

Tel: 07990 738850

TECHNICS VINTAGE HI FI X120 well loved, midi system. Includes record deck (needs attention), CD Player, radio and twin cassette players. Also includes twin speakers. £95 own Tel: 01245 250582 or 07811302642

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BATHROOM/CLOAKROOM SUITES. Retro style. Two matching suites each including a toilet, cistern, basin and pedestal with floral design. Excellent condition. £100 for pair or each £60 Tel: 01621 893321 or 07887842073

DESIGNER BATHROOM BASIN CERAMIC BASIN/WHITE TWO TAP HOLES, SUITABLE FOR FITTING IN TO BATHROOM UNITS. BRAND NEW £35.00 own Tel: 01245 357006 or 0774335624

Beds, Bedding, Bedrooms

KINGSIZE PADDED THROW WITH TURQUOISE BORDER & LARGE SQUARE BRIGHT TURQUOISE PATTERNED PILLOWS FROM NEXT CHOICE NEW UNWANTED GIFT SOME PRICE TAGS ON EMAIL PHOTO AVAILABLE £25 Tel: 01277 822769

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LLOYD LOOM BEDROOM CHAIR Wicker chair, as used by white witches. Blue wickerwork, Blue and Gold fabric upholstery 2or3 white paint spots. Wicker trim worn at edges £30 ono Tel: 01277 223377

CORBY TROUSER PRESS Model 7700 - mahogany, 3 heat programmes and 15, 30 or 45 minute settings. Excellent condition £50 Tel: 07736 165651

MENS TROUSER PRESS Corby Model 7700 - mahogany, 3 heat programmes and 15, 30 or 45 minute settings. Excellent condition £50 Tel: 07736 165651

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CASH PAID FOR LP/EP AND SINGLE RECORDS IN GOOD CONDITION.

(NO 78's)

07906224080 01371876968

RECORDS WANTED

50's, 60's, 70's ROCK, PUNK, REGGAE, INDIE LP's, EP's AND 45's

01279 813400 07881 453435

in print, online and mobile

Photography

BINOCLAR - BARSKA Blackhawk compact 10x25 water/fogproof, BAK 4 coated optics. New in original box with case. Good for bird watching/sport. Amazon's price £59. Ideal gift. £19 Tel: 07746 100636

EPSON PICTUREMATE Photo Printer with manual, CD ROM drivers, power lead & sealed ink cartridge. Not boxed, but never used. Ring after 7.30pm. £35.00 ono Tel: 01245 610330

PHOTOGRAPHIC DARKROOM Enlarger Krokus 35 SL, drawer for colour or multigrade B&W filters, 35mm glassless negative carrier, lens, dust-cover & stand plus accessories. (Romford) £45 Tel: 07948 318956

Computer Accessories

PALM VX Handheld PDA Hot sync cradle & battery charger via serial port. Leather case, stylus pens. Hand-book & CD. Ideal for enthusiasts/collector of vintage electronics £5.00 Tel: 01277 655272

SAMSUNG GALAXY Tab 3 - 7 inch WVGA screen, 1GB/8GB storage, SD slot, Android JB, WIFI, FIB camera, long battery. Boxed with original accessories & case worth £15. New condition. £60 Tel: 07746 100626

2 SHELF-UNIT for COMPUTER Black Tubes and Shelves, 2 shelf unit on casters. HxWxD = 71x60x35 cm. BRENTWOOD £12 Tel: 01277 223377

3 SHELF COMPUTER UNIT Black metal tubes, Black Ash finish to wood. On casters. Size HxDxB = 86x35x50 cm. 3 different models available. £12 Tel: 01277 223377

SAT-NAV BINATONE F435 satellite navigation system with case, car charger, windscreen holder and user guide. All in new condition & never used. £30.00 ono Tel: 01245 610330

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H P office jet all in one printer fax copy scan perfect condition £25.00 Tel: 01268 769809

IKEA DESK CHAIR Wooden/oak et-leatherchrome legs & wheels, excellent condition £15 Tel: 07736 165651

POWER SUPPLY FOR DESKTOP COMPUTER, Blue Storm 500 made by FSP Group Ltd, model no. AX500-A, 500W max peak output, ATX 12v version 2, 20pin and 24 pin P1 motherboard connectors, P4 connector, 6 pin graphics card connector, 5 molex connectors and 2 SATA connectors. In good working order with user manual and can deliver. £25 01438 318734

DESKTOP COMPUTER CPU HEATSINK AND FAN, AKASA NERO AK-967 for Intel GA475 and LGA1366 and AMD 939, AM2 and AM2+ processors. Low noise 120mm PWM fan, 3 Long U heat pipes for rapid heat transfer. Push pin (intel) or cam-lever (AMD) mounting. In good working order and can deliver. £25 01438 318734

PRINTER INK, GENUINE CANON Genuine Canon ink cartridge. Model CL-8 in magenta. It is brand new and unused and in its original sealed packaging. I bought it for my printer but the printer died before I fitted it. Can deliver. £8 01438 318734

DESKTOP COMPUTER RAM, 1GB made by OCZ Technology, 240pin, DDR2 SDRAM, HPC (Heat Pipe Conduit) 1066MHz (PC2 8500). Model OCZ2RPR10662GK. Can deliver. £10 01438 318734

Games Consoles & Games

NINTENDO WII Band in a Box wireless guitar, drum kit & Beatles Rock Band game. Not boxed, but hardly used & in great condition. Ring after 7.30pm. £80.00 own Tel: 01245 610330

XBOX 360 plus two consoles and 36 games vgc £60 Tel: 01277 652018

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BLINDS

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Call Martin 01279 726088 / 07836 702734

CURTAINS 88" wide x 72" long lined. Cream with art deco style pattern, large plum and coffee coloured tulip print, very attractive, eyelet heading, as new. £40 Tel: 01277 652018

PAINT SPRAY gun. Parkside paint spray gun. £10.00 Tel: 07938 394290

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Public Notices

PLANNING NOTICE
HARLOW COUNCILTOWN AND COUNTRY PLANNING (GENERAL PERMITTED
DEVELOPMENT) (ENGLAND) ORDER 2015
NOTICE OF THE MAKING OF ARTICLE 4(1) DIRECTION
WITHOUT IMMEDIATE EFFECT RELATING TO OFFICE TO
RESIDENTIAL CHANGE OF USE

NOTICE IS HEREBY GIVEN that Harlow Council on 29 June 2018 made a Direction under Article 4(1) of the Town and Country Planning (General Permitted Development) (England) Order 2015 ("the Order") which affects certain land within the area of Harlow Council and which withdraws permitted development rights as specified below in respect of development comprised within Class O of Part 3 to Schedule 2 of the Order.

The Article 4 Direction applies to land at Templefields North East Harlow The Article 4 Direction applies in the affected areas to development that is comprised within Class O of Part 3 to Schedule 2 of the Order (change of use of a building and any land within its curtilage from offices (use class B1(a)) to dwelling houses (use class C3) but excluding development for which prior approval has been obtained under Class O prior to the intended date of coming into force of the Article 4 Direction.

On the land to which it applies, the effect of the Article 4 Direction is to require a grant of planning permission to be obtained for development of the type to which it applies. Where planning permission is required, an application should be made to the Council; no fee is payable where an application for planning permission is required solely because of the effect of the Article 4 Direction.

It is intended that the Article 4 Direction will come into force on 24 August 2018.

A copy of the Article 4 Direction and maps showing the extent of the land affected can be inspected between 9:30am and 4:30pm Monday to Friday at Civic Centre The Water Gardens Harlow Essex CM20 1WG. The Article 4 Direction and maps can also be viewed on-line at www.harlow.gov.uk.

The start date of the period during which representations may be made to the Council regarding the making of the Article 4 Direction is 29 June 2018.

The period for making representations ends on 26 July 2018. Representations should arrive at the Council no later than 17:00. Representations should be posted or delivered to EZ Project Director Civic Centre The Water Gardens Harlow Essex CM20 1WG or sent by email to Andrew.bramidge@harlow.gov.uk quoting reference AB Templefields.

The Council will take into account any representations that are received by 17:00 26 July 2018 in deciding whether to confirm the making of the Article 4 Direction.

Dated this 29 day of June 2018

Public Notices

JUDITH CLARA PIERIS
(Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of 54 Brook Lane Field Harlow Essex CM18 7AT, who died on 27/06/2017, are required to send particulars thereof in writing to the undersigned Solicitors on or before 14/09/2018, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.

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Hertfordshire SG12 9DA

TS34159

PRESS NOTICE
LICENSING ACT 2003

NOTICE IS HEREBY GIVEN that we Friends of LinkFast CIC Ltd on 22/6/2018 have made application to the Harlow Council, being the Licensing Authority for the purpose of the above Act, for the grant of a Premises Licence in respect of the premises situate at and known as: Harlow Town Park.

The relevant licensable activities are as follows:

Between midday and 23:30hrs
August 24th, 25th, 26th 2018

The activities are Performance of plays, dance, live and recorded music, local theatre, car and bike show and the sale of alcohol between these times.

An interested party or responsible authority wishing to make representations to this application may do so by writing to Harlow Council Licensing Dept, Civic Centre, Harlow not later than 21/7/2018.

Representations are public documents under the Data Protection Act. A copy of the application can be viewed at the Licensing Authority's address during normal office hours. It is an offence knowingly or recklessly to make a false statement in connection with this application, the maximum fine on summary conviction being £5,000.

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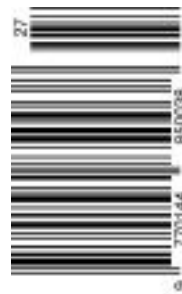
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How is your sports club doing? Have you got a story to tell us? Email us at sportsdesk@hertsessexnews.co.uk

Harlow gymnasts show off their skills

MEMBERS of Harlow Gymnastics Club have taken part in two significant regional competitions – the East Region National Grades and the East Region National Development Plan Grades.

Miley Shulton and Millie Lynch gave creditable performances at the East Region National Grades competition in Pipers Vale, Ipswich.

This is the first time the club has been represented at this prestigious event, competing against elite gymnasts from top flight clubs across Hertfordshire, Cambridgeshire, Norfolk, Suffolk and Essex.

Miley celebrated her tenth birthday by placing 26th overall in the grade four event and nine-year-old Millie was 30th overall.

The grade four competition was open age and both gymnasts were awarded a pass with commendation.

Squad coach Kerrie Hodges said: "The girls were the youngest age allowed to attempt the grade, so this was a great achievement for them both."

Also, at Pipers Vale, ten-year-

old Eliza Swanepoel represented Harlow and Essex at the East Region NDP Grades Final.

Eliza qualified for the competition after achieving an overall bronze medal in the Essex NDP county grade competition in Colchester in March.

Harlow gymnast Charlotte Brough (16) also qualified for the event but did not compete due to GCSE exams.

Competing in the grade five age 10/11 regional event, Eliza finished in 12th position overall after attaining sixth place on both floor and range and conditioning.

Squad coach Aimée Teahan said: "We are all really proud of the Eliza, to compete in a regional event is a great achievement."

Head girls' coach and club co-owner Gordon Mitchell said: "I was delighted to have gymnasts compete at both national and regional levels."

"They all performed brilliantly against the best gymnasts in the East Region and I'm very proud of them."



Members of Harlow Gymnastics Club

Osagie misses out on medal

HARLOW Athletic Club's London 2012 Olympics star Andrew Osagie narrowly missed out on a medal at the British Athletics Championships in Birmingham on Sunday.

Osagie had high hopes going into the meeting as one of the favourites for the event, which was a qualifier for the European Championships as well as the Athletics World Cup.

He coasted through his 800m heat, clocking a season's best of 1min 49.92, but the following day's final saw him finish just outside the medals in fourth, despite making most of the early running.

The 30-year-old was edged out in a blanket finish on the line by Guy Learmouth, posting 1:50.44.

The race was won by Elliot Giles (1:50.28) with Daniel Rowden second (1:50.37).

"It was disappointing," said Osagie. "I don't want to make excuses but I had to squeeze past Elliot and he bumped my arm and you could see how close it was in the end."

"It's really frustrating when that sort of thing happens."

"Selection is what selection is – there's quite a few of us with the qualifying time."

"I feel really good, but I just lost my rhythm when Elliot bumped me and it's tiny margins like that in the end. Little bumps like that can be catastrophic and it was. I'm hoping to do the London Grand Prix."

Chapman no longer DOF

HARLOW Town manager Danny Chapman has stepped down from his position as director of football, but will stay as manager.

Chief executive Tommy Cunningham said: "I would like to place on record my sincere thanks to Danny."

"This season is no different to that of any other season, however this season, Danny will move to concentrate solely on his managerial duties with the first team."

"Since I took control of the club back in 2010, we have grown our football family from just the men's first team to one that includes a thriving youth section, a hugely successful ladies section and our new reserves team, something that I am incredibly proud of."

"Danny has taken the nucleus of the youth academy to what it is today, and it provides a great platform to further build upon this."

Cunningham is taking on the role of director of football and has structured a new team that will report directly into him.

Alfie Babb has stepped up from his role as youth coordinator and has been appointed head of youth development, while Shan Toms takes on a role as head of football operations responsible for all off-field football matters.

Bragging rights go to Town in derby

Farmer makes hay in first league meeting for 24 years

HARLOW Town registered their first league win of the season at the expense of local rivals Harlow, who they had not met in a Shepherd Neame Essex League encounter for 24 years.

The last time they met was 1994 when the Marigold Men came out on top, but not this time as Harlow Town proved the better side on the day.

On a scorching summer day, skipper Dan Farmer won the toss for Town and elected to bat on what looked like a 290 run plus wicket and fast outfield.

Harlow Town did not start well, losing Scott Alderson for a duck in the first over.

Suraj Chauhan joined Scott's brother, Ashley, and the pair quickly put on 56 runs before Ashley Alderson (27), who had looked in fine form, mis-hooked Callum Sykes to deep square leg where Nicky Baxter took a great running catch.

It was soon 63-3 as Chauhan slashed to gully off Sykes for 25.



Action from Harlow Town's derby match against Harlow

Jibran Azam was next to fall without troubling the scores and at 64-4 Town looked in a bit of bother.

Joe Holland was settling in when he was joined by Neil Gladwin and the experienced duo star-

ted to take control with a fifth wicket stand of 121 to take the score to 185, before Gladwin (40) gave a simple caught and bowled to Harlow skipper Rehman Ahmed.

Two runs later Holland went

after scoring a classy 78.

Skipper Dan Farmer entered the arena and immediately took the attack to the opposition, dispatching the ball to the boundary, and finishing on 48 not out. Dan Baldwin (13) added valuable.

Sykes was the pick of the Harlow bowlers with 3-30.

Both openers, Luke Monger (13) and Mitchell Howarde (12) got started but failed to establish themselves.

With the score at 30-2, skipper Ahmed looked to rebuild his side's innings and with a mixture of fine shots and a little luck, steadily pushed the innings on.

But wickets fell around him, including Nicky Baxter (20), Callum Sykes (36), Muhammad Naem (19) and Joe Riddell (17).

Wall

Town left-arm spinner Ronnie Yates (4-48) was steadily picking up wickets and when he had skipper Ahmed caught and bowled for 43, the writing was on the wall for Harlow.

They were all out for 178 with Town winning by 86 runs.

Suraj Chauhan (2-28), Jack Elston (2-51) and Jibran Azam (2-21) all made valuable contributions.

Photos: MARTINE XERRI